PLANT FACT SHEET

Hypochaeris achyrophorus L.

GENUS *Hypochaeris* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are boiled and eaten.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

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Nebel, S., Pieroni, A. & Heinrich, M., 2006, Ta cho`rta: Wild edible greens used in the Graecanic area in Calabria, Southern Italy. Appetite 47 (2006) 333–342

Pasta, S., et al, 2020, An Updated Checklist of the Sicilian Native Edible Plants: Preserving the Traditional Ecological Knowledge of Century-Old Agro-Pastoral Landscapes. Frontiers in Plant Science. Volume 11|Article 388

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/cc669cd6-5105-48a4-947c-28eb1d7ea15b