PLANT FACT SHEET

Hyoseris scabra L.

GENUS *Hyoseris* **FAMILY** Asteraceae

COMMON NAMES Annual hyoseris

EDIBLE PARTS AND USES

Edible parts: Shoots, Leaves

The shoots and ring of leaves at the base are cooked.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

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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

Pieroni, A., et al, 2023, Bitter Is Better: Wild Greens Used in the Blue Zone of Ikaria, Greece. Nutrients 15, 3242.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/d2d43149-5397-4dcb-88c1-dec78b0c1bfb