PLANT FACT SHEET

Pseudopodospermum libanoticum (Boiss.) Zaika, Sukhor. & N. Kilian

GENUS *Pseudopodospermum* **FAMILY** Asteraceae

COMMON NAMES Lebanese salsify

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten raw as a snack and also cooked in stews.

DESCRIPTION

A herb.

HABITAT

It is a temperate to Mediterranean climate plant.

REFERENCES

Baydoun, S., et al, 2023, Wild leafy Vegetables: A potential source for a traditional Mediterranean food from Lebanon. Frontiers in Sustainable Food Systems. 6:991979

Ghadban, S., et al, 2024, Edible Wild Plants Economy and Food Heritage Amid Lebanon's Crisis. The Druze Community », Systèmes alimentaires / Food Systems, n° 9, 2024

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/d64a0bdb-b789-44ca-b830-9fb36f67a184