PLANT FACT SHEET

Crepis fraasii Sch.Bip.

GENUS *Crepis* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are boiled and eaten.

DESCRIPTION

A herb. It grows 6-35 cm tall. It is hairy.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

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

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/da647241-bbc0-408c-8ef6-c3880541ad83