PLANT FACT SHEET

Tephroseris integrifolia (L.) Holub.

GENUS *Tephroseris* **FAMILY** Asteraceae

COMMON NAMES Field fleawort

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are cooked and eaten.

DESCRIPTION

A herb. It grows 1 m tall. It is hairy. Near the ground it has a ring of oblong leaves. The leaves on the stem are more narrow. The flowers are bright yellow.

HABITAT

It is a temperate plant.

PRODUCTION

Cultivation

It can be grown by seed.

REFERENCES

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Urgamal, M., Oyuntsetseg, B., Nyambayar, D. & Dulamsuren, Ch. 2014. Conspectus of the vascular plants of Mongolia. (Editors: Sanchir, Ch. & Jamsran, Ts.). Ulaanbaatar, Mongolia. "Admon" Press. 334pp. (p. 199-230).

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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/db173a3e-5f2e-4943-a0b8-d21105ba6b07