PLANT FACT SHEET

Cousinia libanotica DC.

GENUS *Cousinia* **FAMILY** Asteraceae

COMMON NAMES Lebanese cousinia

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves in a ring at the base are cooked and eaten.

DESCRIPTION

A herb. It grows 60 cm tall. The leaves at the base are 15 m long by 5 cm wide. They have spiny teeth and lobes.

HABITAT

It is a 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

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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/e07bf99b-663f-4502-952b-85895b8edaca