PLANT FACT SHEET

Helminthotheca comosa (Boiss.) Holub

GENUS *Helminthotheca* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves at the base are stewed.

DESCRIPTION

A herb. It grows 30-70 cm tall. It has scattered spines. The leaves have bulbous-based spines. The leaves at the base are 5-15 cm long by 3.5-5 cm wide.

HABITAT

It is a Mediterranean plant.

REFERENCES

Rivera, D., et al, 2007, Gathered Food Plants in the Mountains of Castilla–La Mancha (Spain): Ethnobotany and Multivariate Analysis. Economic Botany, 61(3), (As Picris comosa)

Tardio, J., et al, 2006, Ethnobotanical review of wild edible plants in Spain. Botanical J. Linnean Soc. 152, 27-71 (As Picris comosa)

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e56a810a-8e4d-44b7-9da1-d6d133c2f17f