PLANT FACT SHEET

Reichardia picroides (L.) Roth.

GENUS *Reichardia* **FAMILY** Asteraceae

COMMON NAMES French scorzonera

EDIBLE PARTS AND USES

Edible parts: Leaves, Root

The young leaves are used in salads and also in soups. They are also boiled.
The roots are also eaten.

DESCRIPTION

A low herb. It can grow as an annual or last for several years. It forms clumps 25 cm wide. The flowering stems can be 80 cm tall. The leaves are oblong. They have teeth or lobes. The leaves near the base have a broad winged stalk. The flower heads are yellow. The rays are yellow at the base. The flower stalk is not thickened towards the top.

HABITAT

It is a Mediterranean plant. It grows on waste ground. It needs well-drained soil. It suits hardiness zones 8-9.

PRODUCTION

Cultivation

Plants can be grown from seeds.

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