PLANT FACT SHEET

Tragopogon orientalis L.

GENUS *Tragopogon* **FAMILY** Asteraceae

COMMON NAMES Kozija brada

EDIBLE PARTS AND USES

Edible parts: Leaves, Roots, Stems

The young leaves are eaten in salads.
The sweet stems are peeled and eaten.
The roots are boiled and eaten.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Cakir, E. A., 2017, Traditional knowledge of wild edible plants of Iğdır Province (East Anatolia, Turkey). Acta Soc Bot Pol. 2017;86(4):3568

Cerne, M., 1992, Wild Plants from Slovenia used as Vegetables. Acta Horticulturae 318

Denes, A., et al, 2012, Wild plants used for food by Hungarian ethnic groups living in the Carpathian Basin. Acta Societatis Botanicorum Poloniae 81 (4): 381-396

Ertug, F, Yenen Bitkiler. Resimli Türkiye Florası -I- Flora of Turkey - Ethnobotany supplement

Luczaj, L., 2012, Ethnobotanical review of wild edible plants of Slovakia. Acta Societatis Botanicorum Poloniae 81(4):245-255

Redzic, S. J., 2006, Wild Edible Plants and their Traditional Use in the Human Nutrition in Bosnia-Herzegovina. Ecology of Food and Nutrition, 45:189-232

Senkardes, I., et al, 2019, An Ethnobotanical Analysis on Wild Edible Plants of the Turkish Asteraceae Taxa. Agric. conspec. sci. Vol. 84 No. 1 (17-28)

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).

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/f1f23e79-a7ab-4d39-ab09-cc8e66645a26