PLANT FACT SHEET

Rhaponticum coniferum (L.) Greuter

GENUS *Rhaponticum* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Flowers - tea, Flowers

The flowers are used for herbal teas.
The unripe flowers are eaten raw.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Benitez, G., et al, 2023, Wild Edible Plants of Andalusia: Traditional Uses and Potential of Eating Wild in a Highly Diverse Region. Plants 2023, 12, 1218 p 14 (As Leuzea conifera)

Motti, R., et al, 2022, Edible Flowers Used in Some Countries of the Mediterranean Basin: An Ethnobotanical Overview. Plants. 2022, 11, 3272 (As Leuzea conifera)

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/fee7949e-7368-49ce-8271-fab3c6c4addc