



C1 Innovations in vineyard inter-row greening to increase biodiversity and resilience in vineyard ecosystems

C1's Project Deliverable Product

Fact sheets of plant species suitable for seed mixtures

The following content is an excerpt from the brochure "Sieg, L., Elias, D., Tischew, S. und Kirmer, A. (2025): Wildkräutergassen in Weinbergen der Saale-Unstrut-Weinbauregion – Tipps für die Anlage und Pflege sowie Steckbriefe typischer Pflanzen und Tiere. Brochure as part of the LIFE VineAdapt project. 58 p."

Summary:

The total species list and fact sheets of the 25 most common wild plant species from the seed mixtures that were sown and detected in the demonstration vineyards in the Saale-Unstrut region between 2021 and 2024 are provided. These species are recommended for seed mixtures aimed at establishing a biodiversity-friendly vineyard inter-row greening.

Species list for the Saale-Unstrut region

Various seeding mixtures were tested as part of the project. The findings from the previous **LIFE VineEcoS project** were also used. The selection of species for the seed mixture was a time-consuming process in collaboration with local experts and seed companies. In addition to a very species- and forb-rich basic mixture for the central reservation of the vineyard inter-row, a mixture with more traffic-tolerant species and a higher proportion of grasses was also developed for the wheel tracks.

Important selection criteria for plant species were

- Occurrence in the natural area of the sown vineyards
- Availability from certified, regional seed propagation of wild plants
- Different lifespans (annual, biennial and perennial)
- High drought tolerance, small size
- Characteristic for habitat types of dry and fresh habitats (habitat types 6110, 6210, 6240, 6510)
- different flower color/shape and flowering periods
- High nectar and pollen supply
- Moderate costs

38 plant species and 19 plant families were selected for the middle section basic mixture (37 forbs, 1 grass). These include 34 perennial plant species. The seed mixture for the wheel tracks contains eight perennial species (6 forbs, 2 grasses).

Middle section seed mixture

Scientific species name	Species name	Plant family	Lifespan	Flowering months	Flower color	Nek	Pol
<i>Achillea millefolium</i>	Common yarrow	Asteraceae	perennial	6-10	white	1	2
<i>Anthemis tinctoria</i>	Dyer's chamomile	Asteraceae	perennial	6-9	yellow	2	2
<i>Anthericum liliago</i>	St Bernard's lily	Asparagaceae	perennial	5-6	white	3	3
<i>Anthyllis vulneraria</i> s. l.	Kidney vetch	Fabaceae	perennial	5-8	yellow	2	2
<i>Campanula rotundifolia</i>	Harebell	Campanulaceae	perennial	6-10	violet	2	2
<i>Centaurea jacea</i> s. str.	Meadow knapweed	Asteraceae	perennial	6-11	purple	3	2
<i>Centaurea scabiosa</i> s. str.	Greater knapweed	Asteraceae	perennial	7-8	purple	3	2
<i>Cichorium intybus</i>	Chicory	Asteraceae	perennial	7-10	light blue	3	3
<i>Clinopodium vulgare</i>	Wild basil	Lamiaceae	perennial	7-9	purple	2	1
<i>Consolida regalis</i>	Field larkspur	Ranunculaceae	annual	5-8	blue	1	2
<i>Dianthus carthusianorum</i>	Carthusian pink	Caryophyllaceae	perennial	6-9	purple	2	1
<i>Falcaria vulgaris</i>	Sickleweed	Apiaceae	perennial	7-9	white	2	1
<i>Galium verum</i> agg.	Yellow bedstraw	Rubiaceae	perennial	6-9	yellow	1	1
<i>Hypericum perforatum</i>	St. John's wort	Hypericaceae	perennial	7-8	yellow	0	3
<i>Knautia arvensis</i>	Field scabious	Dipsacaceae	perennial	7-8	purple	1	1
<i>Leucanthemum ircutianum</i>	Oxeye daisy	Asteraceae	perennial	6-10	white w/(yellow)	2	1
<i>Linaria vulgaris</i>	Common Toadflax	Scrophulariaceae	perennial	6-10	yellow	2	1
<i>Linum austriacum</i>	Austrian flax	Linaceae	perennial	5-7	light blue	1	1
<i>Lotus corniculatus</i>	Common bird's-foot trefoil	Fabaceae	perennial	6-8	yellow	3	1
<i>Malva moschata</i>	Musk mallow	Malvaceae	perennial	6-10	pink	2	1
<i>Medicago lupulina</i>	Hop clover	Fabaceae	perennial	5-10	yellow	2	2
<i>Onobrychis arenaria</i>	Sand sparrow	Fabaceae	perennial	6-7	pink	4	4
<i>Origanum vulgare</i>	Common dost	Lamiaceae	perennial	7-9	pink	3	2
<i>Papaver rhoeas</i>	Common poppy	Papaveraceae	annual	5-7	red	0	3
<i>Phleum phleoides</i>	Boehmer's cat's-tail	Poaceae	perennial	6-7	yellow-green	k. A.	k. A.
<i>Plantago lanceolata</i>	Narrowleaf plantain	Plantaginaceae	perennial	5-10	green-brown	0	3
<i>Plantago media</i>	Hoary plantain	Plantaginaceae	perennial	5-9	green-brown	0	3
<i>Potentilla argentea</i>	Silver cinquefoil	Rosaceae	perennial	6-10	yellow	1	2
<i>Ranunculus bulbosus</i>	Bulbous buttercup	Ranunculaceae	perennial	5-7	yellow	3	3
<i>Reseda lutea</i>	Yellow mignonette	Resedaceae	biennial	5-9	yellow	2	3
<i>Salvia pratensis</i>	Meadow sage	Lamiaceae	perennial	5-8	violet	3	1
<i>Sanguisorba minor</i> ssp. <i>minor</i>	Small burnet	Rosaceae	perennial	5-8	dark red	2	2
<i>Scabiosa ochroleuca</i>	Yellow scabious	Dipsacaceae	perennial	7-10	light yellow	3	2
<i>Silene nutans</i>	Nottingham catchfly	Caryophyllaceae	perennial	5-8	white	2	1
<i>Silene vulgaris</i>	Bladder campion	Caryophyllaceae	perennial	5-9	white	2	1
<i>Stachys recta</i>	Stiff hedgenettle	Lamiaceae	perennial	6-10	light yellow	3	1
<i>Thymus pulegioides</i> s. l.	Broad-leaved thyme	Lamiaceae	perennial	6-10	purple	3	2
<i>Trifolium pratense</i>	Red clover	Fabaceae	perennial	6-9	purple	3	3

Nek (nectar: four classes from none (=0) to very much (=4), Pol (pollen: four classes from none (=0) to very much (=4))

Wheel track seed mixture

Scientific species name	Species name	Plant family	Lifespan	Flowering months	Flower color	Nek	Pol
<i>Achillea millefolium</i>	Common yarrow	Asteraceae	perennial	6-10	white	1	2
<i>Cichorium intybus</i>	Chicory	Asteraceae	perennial	7-10	light blue	3	3
<i>Festuca brevipila</i>	Hard fescue	Poaceae	perennial	5-7	yellow-green	k. A.	k. A.
<i>Festuca valesiaca</i>	Volga fescue	Poaceae	perennial	6-7	yellow-green	k. A.	k. A.
<i>Lotus corniculatus</i>	Common bird's-foot trefoil	Fabaceae	perennial	6-8	yellow-green	3	1
<i>Medicago lupulina</i>	Hop clover	Fabaceae	perennial	5-10	yellow-green	2	2
<i>Plantago lanceolata</i>	Narrowleaf plantain	Plantaginaceae	perennial	5-10	green-brown	0	3
<i>Trifolium pratense</i>	Red clover	Fabaceae	perennial	6-9	purple	3	3

Information on plant characteristics and properties was taken from the following sources:

BiolFlor database (2024): <https://www.biolflor.de> (25/03/2024)
FloraWeb database (2024): <https://www.floraweb.de> (29/04/2024)
Jäger, E.J., Ebel, F., Hanelt, P., Müller, G.K. (2007): Rothmalder - Exkursionsflora von Deutschland: Krautige Zier- und Nutzpflanzen. Springer. Spektrum.
Müller, F., Ritz, C., Welk, E., Wesche, K. (2021): Rothmalder, Exkursionsflora von Deutschland. Gefäßpflanzen: Grundband. Springer Spektrum.
Pritsch, G. (2018): Bienenweide: 220 Trachtpflanzen erkennen & bewerten. Stuttgart: Kosmos.
Stiftung Naturschutz Schleswig-Holstein (2016): Trachtkalender für Schleswig-Holstein (Heil- und Gewürzpflanzen, Heimische Gehölze und Kletterpflanzen, Heimische Krautige Pflanzen, Nicht heimische Gehölze, Nutzpflanzen, Zierpflanzen).

Selected plant species in the seed mixture

On the following pages, the 25 most common wild plant species from the seed mixtures (see p. 9) that could be detected in the demonstration vineyards in the Saale-Unstrut region in the years 2021 to 2024 are presented (sorted by flower color).



Photo: Lea Sieg

Common yarrow

Achillea millefolium

- | | |
|-----------------------|---|
| Family | Asteraceae |
| Flowering time | June to October |
| Growing height | 30 to 60 cm |
| Flower | <ul style="list-style-type: none">• flowers in compact umbrella panicle• flower heads with a few yellow tubular flowers and white ray florets (rarely pale pink) |
| Leaf | <ul style="list-style-type: none">• alternating• elongated, pinnately divided |
| Young plant | <ul style="list-style-type: none">• in younger stages easily confused with common ostrich daisy and dyer's chamomile! |

Interesting facts

The delicate leaves of the common yarrow can be used in many ways in the kitchen, e.g. in salads, pesto, tea or as a spice.

Photo: Eckhard Willing





Bladder campion

Silene vulgaris

- | | |
|-----------------------|--|
| Family | Caryophyllaceae |
| Flowering time | June to September |
| Growing height | 10 to 80 cm |
| Flower | <ul style="list-style-type: none">• white, with deeply split petals• calyx strongly inflated, without ribs, but with a network of red veins |
| Leaf | <ul style="list-style-type: none">• opposite• blue-green, glabrous, waxy• linear to lanceolate |
| Young plant | <ul style="list-style-type: none">• blue-green, waxy• entire, lanceolate leaves |

Interesting facts

The Bladder campion is a typical moth flower. Although it is open during the day, it only releases its attractive scent at night.

Photo: Daniel Elias

Narrowleaf plantain

Plantago lanceolata

Family Plantaginaceae

Flowering time May to September

Growing height 10 to 50 cm

Flower

- greenish-white, densely arranged as a spike
- stamens with long white filaments protruding far above the crown leaves

Leaf

- long, narrow, lanceolate leaves, with entire margins
- 3 to 5 parallel veins

Young plant

- rosette-forming with multiple rosettes per plant

Interesting facts

Narrowleaf plantain is one of the oldest known medicinal plants. It was already used by the ancient Greeks and Romans as a remedy for respiratory diseases, skin injuries and gastrointestinal complaints.

Photo: Katrin Schneider





Photo: Eckhard Willing

Oxeye daisy

Leucanthemum ircutianum

Family Asteraceae

Flowering time June

Growing height 20 to 80 cm

Flower

- white heads with yellow centers
- marginal flowers often larger with conspicuous shape

Leaf

- lanceolate, hairy with blunt tip
- notched or sawn in the lower third

Young plant

- rosette with 5 to 10 ovate, bent leaves, diameter 5 to 10 cm
- hairy upper side

Interesting facts

The flower heads of the plant move with the sun during the day to absorb the maximum amount of light.

Yellow scabious

Scabiosa ochroleuca

Family Dipsacaceae

Flowering time July to October

Growing height 20 to 60 cm

Flower

- flower heads hemispherical, marginal flowers enlarged
- calyx bristles chestnut red, or brownish

Leaf

- alternate
- matt-velvety hairy, gray-green
- basal and stem leaves pinnately lobed

Young plant

- rosette with matt velvety hairy, light green leaves, initially entire to slightly crenate, then pinnately lobed

Interesting facts

Pollinators still enjoy the large supply of nectar and pollen of the yellow scabious in autumn.

Photo: Uta Anhalt





Photo: Uta Anhalt

Yellow bedstraw

Galium verum agg.

- | | |
|-----------------------|--|
| Family | Rubiaceae |
| Flowering time | June to September |
| Growing height | 20 to 70 cm |
| Flower | <ul style="list-style-type: none">• branched, rather elongated inflorescence• smells of honey |
| Leaf | <ul style="list-style-type: none">• standing in whorls• lanceolate, ≤ 1 mm wide (narrower than white bedstraw)• leaf edge rolled down• dark green, glossy |
| Young plant | <ul style="list-style-type: none">• tender, often reddish overflowing stem• see leaf characteristics |

Interesting facts

As their name suggests, rennet herbs have a coagulating effect and were used as a rennet ferment for cheese production. Even today, rennet is still used for Chester cheese. It was also used as a dye and medicinal plant, e.g. for urinary problems.

Kidney vetch

Anthyllis vulneraria s. l.

- Family** Fabaceae
- Flowering time** May to August
- Growing height** 5 to 60 cm
- Flower**
- arranged in flower heads
 - bright yellow to pink, usually reddish overflowing as a bud
- Leaf**
- (oblong-)oval
 - unpaired pinnate, pinnae larger towards the end
- Young plant**
- basal leaves undivided or with enlarged terminal leaflets
 - long stemmed and mostly 1-toothed

Interesting facts

As a deep-rooting plant, it develops a long taproot that ensures good aeration and permeability in the soil. Kidney vetch was traditionally used to heal wounds. Due to its anti-inflammatory properties, it was also used to soothe eczema and rashes

Photo: Michael Bulau





Photo: Ralph-Thomas Ohlhorff

St. John's wort

Hypericum perforatum

Family	Hypericaceae
Flowering time	June to August
Growing height	15 to 80 cm
Flower	<ul style="list-style-type: none">• golden yellow flowers in a racemose inflorescence
Leaf	<ul style="list-style-type: none">• cross-opposed• elliptical to almost linear• translucent dots (cut off the leaflets and hold them up to the light)
Stem	<ul style="list-style-type: none">• stem double-edged, pithy
Young plant	<ul style="list-style-type: none">• tender leaves with spots already visible

Interesting facts

The spotted hard hay, better known as St. John's wort, is used as a medicinal plant for mild depression and to sooth (not prevent!) sunburn.

Common bird's-foot trefoil

Lotus corniculatus

Family Fabaceae

Flowering time June to August

Growing height 20 to 30/100 cm

Flower

- 3 to 8 flowers in an umbellate inflorescence
- keel tip sometimes reddish
- keel with right-angled knee underneath

Leaf

- typical for clover, consisting of 3 obovate leaflets, bluntly pointed
- bluish-green
- two additional stipules of approximately the same type

Young plant

- see leaf characteristics, leaves often folded lengthwise in the middle

Interesting facts

Horn clover is not only a good forage plant for livestock, but is also very popular among butterflies and wild bees.

Photo: Uta Anhalt





Hop clover

Medicago lupulina

Family Fabaceae

Flowering time May to October

Growing height 15 to 60 cm

Flower

- yellow with five crown leaves
- arranged in dense clusters

Leaf

- unpaired tripartite feathered
- hairy
- ovoid with blunt tip

Young plant

- 3 to 5 leaves, three-part with a length of 1 to 2 cm

Interesting facts

Hop clover is not only an important forage plant for sheep and goats, but also an important nectar supplier for bees and butterflies.

Photo: Eckhard Willing

Dyer's chamomile

Anthemis tinctoria

- | | |
|-----------------------|---|
| Family | Asteraceae |
| Flowering time | June to September |
| Growing height | 30 to 60 cm |
| Flower | <ul style="list-style-type: none">• disc of tubular flowers initially flat, later curved upwards |
| Leaf | <ul style="list-style-type: none">• gray-green• comb-shaped pinnate, leaflets serrate to pinnately lobed, spiny-pointed tips |
| Young plant | <ul style="list-style-type: none">• in some stages easily confused with common yarrow or daisy |

Interesting facts

The dyer's chamomile attracts numerous insects and was formerly used as a dye and medicinal plant. The coloring properties of the edible flowers can also be used in the kitchen, or you can use the flowers as a garnish for dishes.

Photo: Uta Anhalt

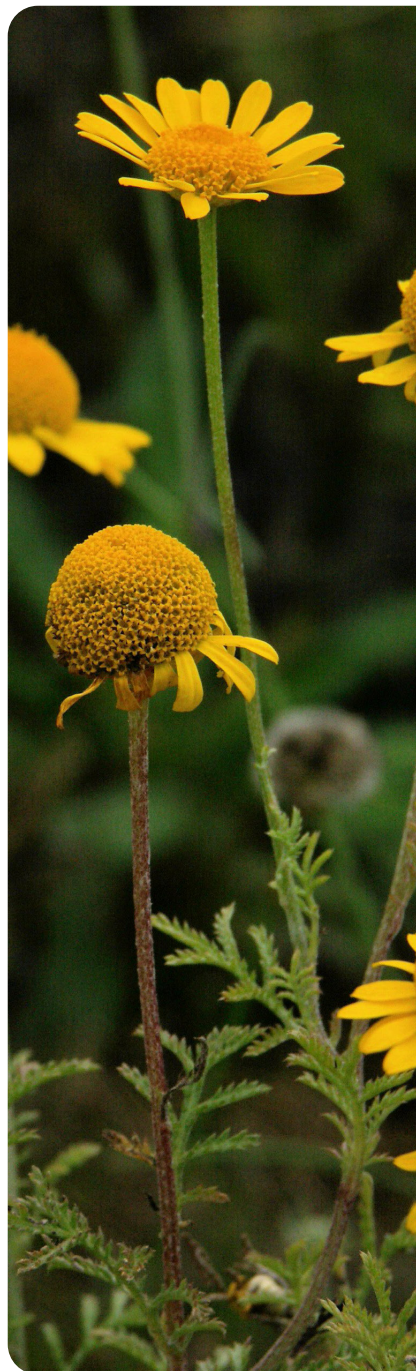




Photo: Ralph-Thomas Ohlhorff

Common poppy

Papaver rhoeas

Family Papaveraceae

Flowering time April to July

Growing height 30 to 90 cm

Flower

- flower buds nodding, two bristly hairy sepals
- petals overlapping, often with a black spot at the base

Leaf

- alternating
- lower 1-2 times pinnately lobed, upper almost granular, with sharply toothed margin
- bristly hairy

Young plant

- light green, pinnate leaflets with larger terminal section, hairy

Interesting facts

Before flowering, the young leaves of the poppy are a tasty salad garnish when eaten raw (the taste is similar to cucumber) or can be cooked like spinach. Poppy bees use the red petals to dress their „Earth house“ from.

Small burnet

Sanguisorba minor ssp. minor

- | | |
|-----------------------|--|
| Family | Rosaceae |
| Flowering time | May to August |
| Growing height | 15 to 50 cm |
| Flower | <ul style="list-style-type: none">• spherical flower heads• upper flowers female with red stigmas, lower male with typically long, overhanging, yellowish stamens |
| Leaf | <ul style="list-style-type: none">• alternating• feathered, sawn• leaflets 5 to 9 teeth on both sides, short stalked• blue-green |
| Stem | <ul style="list-style-type: none">• petiole often reddish |
| Young plant | <ul style="list-style-type: none">• observe leaf characteristics |

Interesting facts

The leaves of the small burnet are edible and taste like cucumber. The plant is one of the seven classic spices in the Frankfurt Green Sauce.

Photo: Annette Münchenberg





Sand sparrow *Onobrychis arenaria*

Family	Fabaceae
Flowering time	June to July
Growing height	10 to 30 cm
Flower	<ul style="list-style-type: none">• pink-purple• five crown leaves that open like trumpets
Leaf	<ul style="list-style-type: none">• unpaired feathered• often hairy• blunt leaf tip
Young plant	<ul style="list-style-type: none">• unpaired pinnate, 2 to 5 cm long• flat rosette

Interesting facts

The sand sparrow has very deep-rooted roots that can reach up to 1 meter deep into the soil. This enables the plant to absorb water and nutrients from deeper layers of the soil.

Photo: Katrin Schneider

Red clover

Trifolium pratense

- | | |
|-----------------------|--|
| Family | Fabaceae |
| Flowering time | June to September |
| Growing height | 5 to 80 cm |
| Flower | <ul style="list-style-type: none">• pink-purple with five crown leaves• arranged in dense baskets |
| Leaf | <ul style="list-style-type: none">• tripartite leaf, leaflets ovate to elliptical• often bright v-shaped markings on the leaflets |
| Young plant | <ul style="list-style-type: none">• three-part leaves in a flat rosette |

Interesting facts

Red clover is a legume that is able to bind nitrogen from the air. This nitrogen is then released into the soil and can be used by other plants.

Photo: Eckhard Willing





Photo: Eckhard Willing

Musk mallow

Malva moschata

Family Malvaceae

Flowering time June to October

Growing height 20 to 80 cm

Flower

- clustered at the top, as well as individually in leaf axils
- outer sepals narrow-lined, narrowed at the base

Leaf

- alternate
- lower hand-shaped split, upper deeply split
- small stipules

Stem

- with protruding, simple hairs (no star hairs visible with a magnifying glass)

Young plant

- heart-shaped, round leaves, leaf edge is roundly notched

Interesting facts

Mallows are edible: flowers can be eaten as decoration in salads, seeds like capers and leaves like spinach. The caterpillars of the mallow butterfly also love mallows. The typically spun leaves are easily to spot.

Field scabious

Knautia arvensis

- | | |
|-----------------------|---|
| Family | Dipsacaceae |
| Flowering time | July to August |
| Growing height | 30 to 80 cm |
| Flower | <ul style="list-style-type: none">• single flowers with 4 lobes |
| Leaf | <ul style="list-style-type: none">• opposite• mostly pinnate to pinnately lobed, rarely with entire margins• gray-green, matt, softly hairy |
| Young plant | <ul style="list-style-type: none">• leaves slightly toothed, softly hairy, gently narrowing into a petiole |

Interesting facts

Compared to similar scabious species, field scabious flowers have only 4 lobes instead of 5 – hence the poetic name “widow's flower”.

Photo: Eckhard Willing





Common dost

Origanum vulgare

Family	Lamiaceae
Flowering time	July to September
Growing height	20 to 60 cm
Flower	<ul style="list-style-type: none">• supporting leaves loosely standing, not completely covering the calyx• lower lip in three parts, middle part largest
Leaf	<ul style="list-style-type: none">• cross-opposed• ovoid, short stalked, with fine glandular dots on the underside• plant has an aromatic scent
Young plant	Pay attention to odor and leaf characteristics!

Interesting facts

Common dost is closely related to the spice plant oregano. It can be used in many ways - as a spice, tea or medicinal plant - and its flowers are popular among insects.

Photo: Eckhard Willing

Meadow knapweed

Centaurea jacea s. str.

- | | |
|-----------------------|--|
| Family | Asteraceae |
| Flowering time | June to August |
| Growing height | 15 to 150 cm |
| Flower | <ul style="list-style-type: none">• green bracts with a brown, membranous, irregularly torn appendage |
| Leaf | <ul style="list-style-type: none">• alternate• ovate to lanceolate, with entire margins or finely toothed |
| Young plant | <ul style="list-style-type: none">• rosette-like growth habit, often hairy• lanceolate leaves |

Interesting facts

The pink-purple flowers of the meadow knapweed produce a lot of nectar and are particularly popular among wild bees and butterflies. Many insect species can be observed on their flowers.

Photo: Annika Schmidt





Greater knapweed

Centaurea scabiosa s. str.

- | | |
|-----------------------|--|
| Family | Asteraceae |
| Flowering time | July to August |
| Growing height | 50 to 120 cm |
| Flower | <ul style="list-style-type: none">• bracts with black-brown appendage, which ends in a lighter comb |
| Leaf | <ul style="list-style-type: none">• dark green, leathery leaflets• similar to scabious leaves |
| Young plant | <ul style="list-style-type: none">• rosette leaves initially entire, partly pinnate |

Interesting facts

Parts of the greater knapweed can be used for dyeing. The roots and seeds have a diuretic and wound-healing effect. Like the meadow knapweed, the plant is a strong insect magnet.

Photo: Eckhard Willing

Wild basil

Clinopodium vulgare

- | | |
|-----------------------|--|
| Family | Lamiaceae |
| Flowering time | July to September |
| Growing height | 20 to 60 cm |
| Flower | <ul style="list-style-type: none">• 3 to 10 flowers densely arranged in a semi-spherical whorl• crown tube hairy |
| Leaf | <ul style="list-style-type: none">• cross-opposed• ovoid, edge slightly notched• both leaf sides hairy• foliage leaves not dotted on the underside• plant is fragrant, but less intense than oregano |
| Young plant | <ul style="list-style-type: none">• see leaf characteristics |

Interesting facts

The leaves of the wild basil are edible and can be used fresh or dried, for example as a digestive spice.

Photo: Eckhard Willing





Meadow sage

Salvia pratensis

Family Lamiaceae

Flowering time May to August

Growing height 30 to 60 cm

Flower

- flowers arranged in tiers in fals whorls
- large curved upper lip

Leaf

- cross-opposed
- undivided, triangular, heart-shaped at the base, leaf margin crenate to serrated
- leaf surface matt, rough, with a pronounced veins network

Young plant

- recognizable by the typical leaves
- plant partially appearing purple

Interesting facts

When long-tongued bees, such as bumblebees, visit meadow sage, a lever mechanism deposits a pollen package on their backs to pollinate other flowers. Try it for yourself!

Photo: Judith Doberstein

Field larkspur *Consolida regalis*

- | | |
|-----------------------|--|
| Family | Ranunculaceae |
| Flowering time | May to August |
| Growing height | 10 to 50 cm |
| Flower | <ul style="list-style-type: none">• racemose inflorescence with 5 to 8 long-stemmed flowers, with a long spur• appearing like a dolphin before blossoming |
| Leaf | <ul style="list-style-type: none">• strongly divided, one to several pinnate parts, tips very narrow (approx. 1 mm) |
| Young plant | <ul style="list-style-type: none">• rosette leaves narrow, soft, reminds of „small winter aconites“ |

Interesting facts

The field larkspur is a field weed that will be found especially in the first year on a side. Due to the intensification of agriculture, field weeds are becoming increasingly rare on the fields.

Photo: Uta Anhalt





Photo: Dieter Neurağoczy

Austrian flax

Linum austriacum

Family	Linaceae
Flowering time	May to July
Growing height	30 to 60 cm
Flower	<ul style="list-style-type: none">• blue-violet colored with 5 crown leaves• arranged as raceme
Leaf	<ul style="list-style-type: none">• small, lanceolate leaves• often hairy with blunt tip
Young plant	<ul style="list-style-type: none">• lanceolate leaves with 1 to 3 cm length• dense, flat rosette

Interesting facts

This very drought-resistant plant has a symbiotic relationship with certain fungi that help it to absorb water and nutrients from the soil. Linseed oil has anti-inflammatory and anti-oxidative effects.

Chicory

Cichorium intybus

Family Asteraceae
Flowering time July to October
Growing height 30 to 150 cm

Flower

- flower heads usually clustered in groups of 2 to 5
- only ray florets, outer edge toothed

Leaf

- basal leaves pinnately lobed with triangular, pointed sections pointing towards the leaf base; bristly hairs on the underside
- stem leaves alternate, sessile, shape very variable
- similar to yellow flowering *Crepis biennis* or *Taraxacum*!

Young plant

- similar to lettuce
- elongated, soft, light green leaves, leaf margin lobed

Interesting facts

The chicory is often visited by *Dasypoda* bees. This spectacle can only be observed until 11 a.m., as the flowers are only open in the morning. *Cichorium* is also often found in malt coffee and is the original form of the winter salads we know as chicory and radicchio.

Photo: Eckhard Willing

