

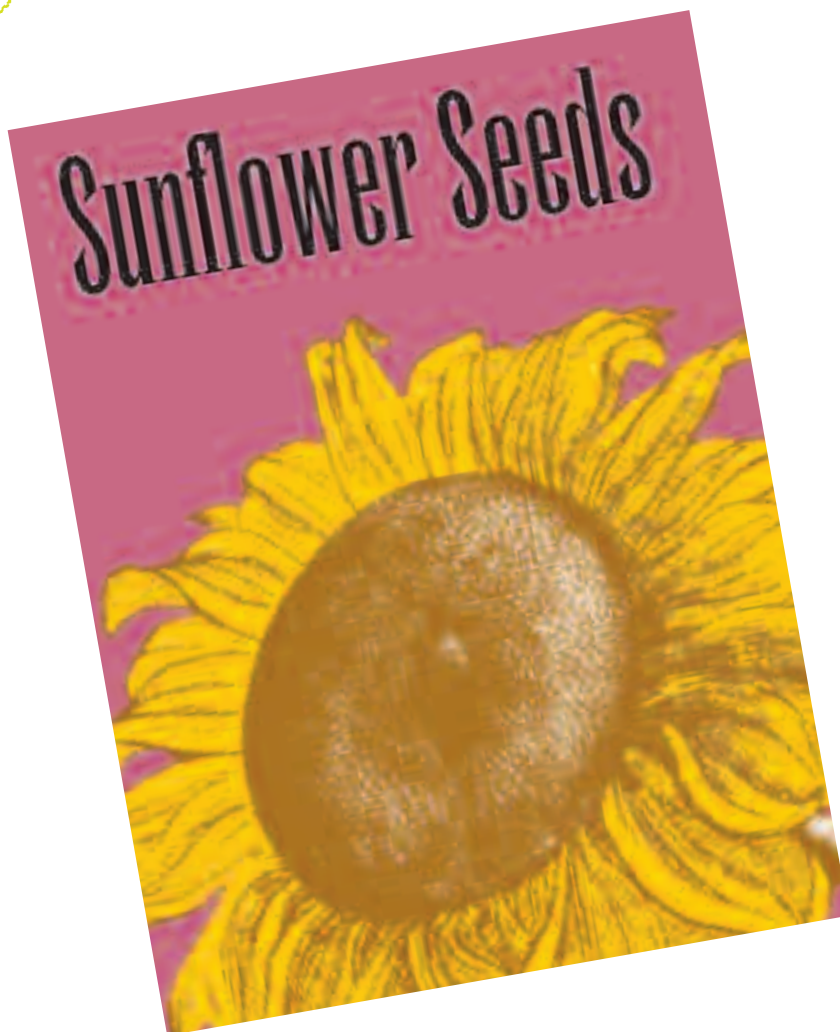
MRS. BEETON Suggests Salsify

“What exactly is salsify?”

Salsify (*Tragopogon porrifolius*) is a plant with edible roots and leaves. The leaves are eaten raw as a salad green and the root, which resembles a parsnip in shape, is cooked. The flavour of the cooked root is similar to oyster, hence its common name of ‘oyster plant.’ Some say it resembles the artichoke in taste and texture.

Mrs. Beeton writes of salsify, “This esculent is, for the sake of its roots, cultivated in gardens. It belongs to the Composite class of flowers, which is the most extensive family in the vegetable kingdom. . . . Generally speaking, all composite flowers are tonic or stimulant in their medical virtues.”

For recipes with salsify, please visit www.vandusengarden.org or www.mrsbeeton.com



Above and left: Roots, flower and leaf of salsify
Far left: Sunflowers, are a useful member of the Composite class of flowers, grown primarily for the seeds and oil