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*Cichorium pumilum*

[Synonyms : *Cichorium endivia* subsp. *pumilum*]

**DWARF CHICORY** is an annual. Native to the Mediterranean and the Middle East (including Israel) it has pale blue flowers.

It is also known as Bitter herb, and Wild annual endive.

The flowers open at sunrise and close mid-morning. From long ago this species may have been a parent of today's endive (*Cichorium endivia*).

*Pumilum* is Latin (dwarf).

When dwarf chicory is being grazed by cattle it will have little opportunity to grow very tall.

Some authorities believe that this annual is one of the 'bitter herbs' referred to in the Book of Exodus in the *Bible* (Chapter 12, verse 8).

Medicinally, records suggest that dwarf chicory provided a local remedy for warts and it has also been noted that in more recent times the plant has been used for treating some forms of cancer, as well as fluid retention, gout and AIDS.