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Inula crithmoides

[Synonyms : *Inula crithmifolia*, *Limbarda tricuspis*]

GOLDEN-SAMPHIRE is a shrub. Native to Europe (including Britain) it has small daisy-like, golden-orange flowers.

It is also known as *Campana-da-praia* (Portuguese), *Cedowys Sugnol* (Welsh), *Crithmum* (French), *Enula-bacicci* (Italian), *Inule-faux* (French), *Madorneira basteira* (Portuguese), *Oman přímořský* (Czech), and *Xorbett* (Maltese).

Crithmoides is derived from Greek *kri-the* (barley) and *-oides* (like) components meaning ‘barley-like’ probably with reference to the shape of the seed.

In Britain at least golden-samphire is considered to be endangered in the wild – partly because it is so enjoyed by rabbits.

Its leaves and stems have been pickled and eaten like an insipid version of rock samphire (*Crithmum maritimum*) with which it used sometimes to be confused.