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*Leontodon hispidus*

**ROUGH HAWKBIT** is a perennial. Native to Asia and Europe (including Britain) it has small dandelion-like, yellow flowers.

It is also known as Bristly hawkbit, Hawkbit, *Liondent protée* (French), *Máchelka srstnatá* (Czech), *Pampeliška srstnatá* (Czech), *Peradyl Garw* (Welsh), *Púpavec srstnatý* (Slovak), *Rauer Löwenzahn* (German), *Rauher Löwenzahn* (German), *Sommarfibbla* (Swedish), and *Steifhaariger Löwenzahn* (German).

One plant can produce up to 2,000 seeds that are distributed by the wind.

*Hispidus* is Latin (rough, hairy, bristly) meaning 'bristly or with rough, erect hairs'.

In various countries in the past the roots have provided a substitute for coffee.

Medicinally, herbalists have recommended the plant for treating fluid retention, jaundice and kidney disorders.