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Tragopogon porrifolius

[Synonyms : *Tragopogon sinuatus*]

SALSIFY is an annual to perennial. Native to southern Europe it has pinkish-purple or yellow flowers.

It is also known as *Äkta haverrot* (Swedish), *Barba-di-becco* (Italian), *Barbas-de-bode* (Portuguese), *Barf yr Afr Gochlas* (Welsh), Common salsify, Goat's beard, *Haferwurzel* (German), *Haverrot* (Swedish), Jerusalem star, *Kaurajuuri* (Finnish), *Kozí brada pórolistá* (Czech), *Lagóhorto* (Greek), *Milchwurz* (German), Nap-at-noon, Oyster plant, Oyster root, *Persbokbaard* (Afrikaans), Purple goatsbeard, Purple salsify, *Salsifis* (French), Stars of Jerusalem, *Tragopogono* (Italian), Vegetable oyster, *Weisswurzel* (German), White salsify, and *Wilde Skorsenier* (Afrikaans).

The flowers only open for a few hours.

Porrifolius is derived from Latin *porrum* (leek) and *-folia* (leaved) components meaning 'with leek-like leaves'.

This is the **true** salsify whereas scorzonera (*Scorzonera hispanica*) is not although one of its common names is Black salsify and it has a similar taste and culinary uses.

Fresh young leaves can be used in Spring salads and steamed or boiled as a green vegetable. Salsify was first cultivated in Italy in the 16th Century and it was being eaten as a vegetable in northern Europe one Century later.

North American Indian tribes including the Navajo, Thompson and Okanagan-Colville used the latex in the roots as a chewing gum.

Some of the Navajo Indians also used salsify during ceremonial rituals. They gave a cold infusion to their animals as a veterinary medicine, and they employed it as a treatment for some human skin disorders.

Medicinally, herbalists used to recommend it for the treatment of jaundice.