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Aims

- To find traditional **recipes** which contain *R. picroides*
- To study its **nutritional value**
- To determine its **growth conditions**
- To establish an **industrialisation plan** of common brighteyes' production and processing

Source: own elaboration

Growth requirements	
Soil	Hydroponics
<ul style="list-style-type: none"> Sunny and hot environment Min. temperature: -5°C/-10°C Dry and rocky soil 	<ul style="list-style-type: none"> pH: 5.5 Conductivity: 6 mS/cm Nutrients: 190 ppm N, 310 ppm P, 250 ppm Ca, 45 ppm Mg
(Generalitat de Catalunya, n.d.)	(Alexopoulos et al.)

References

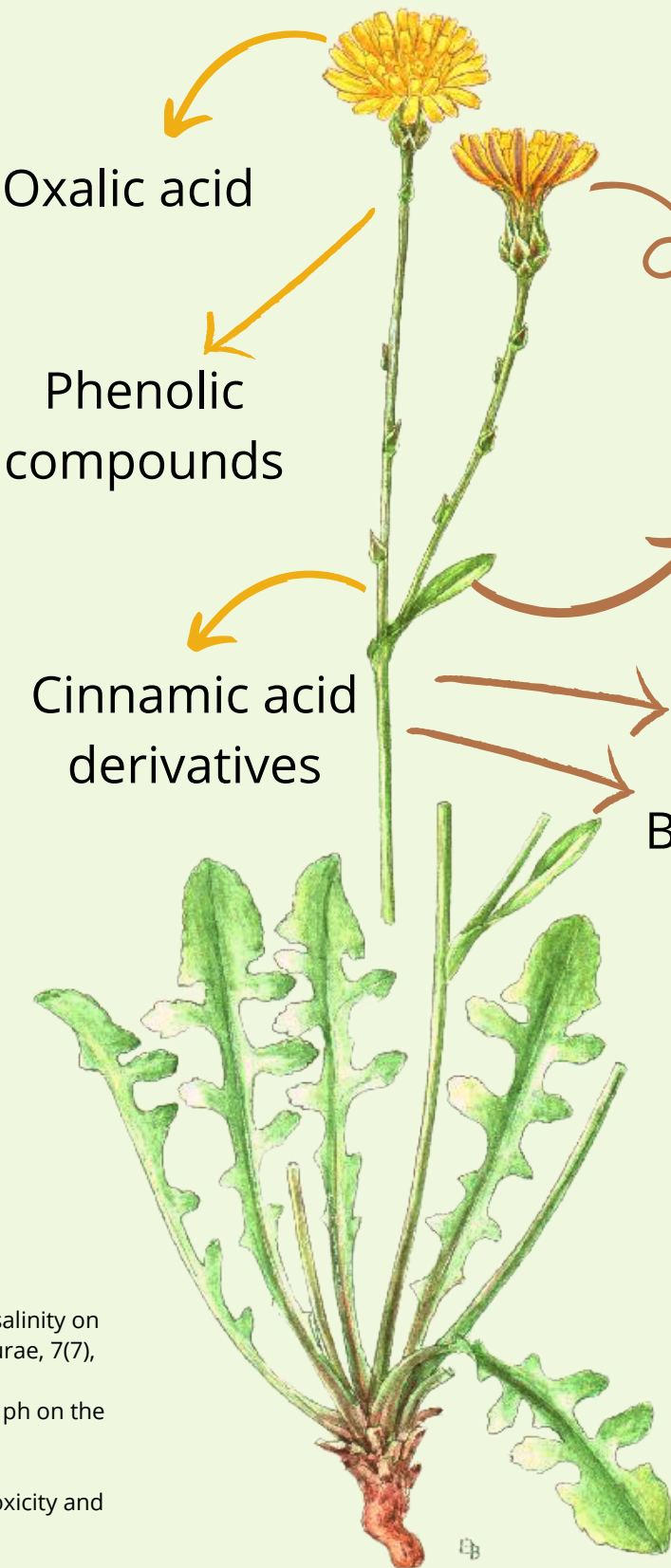
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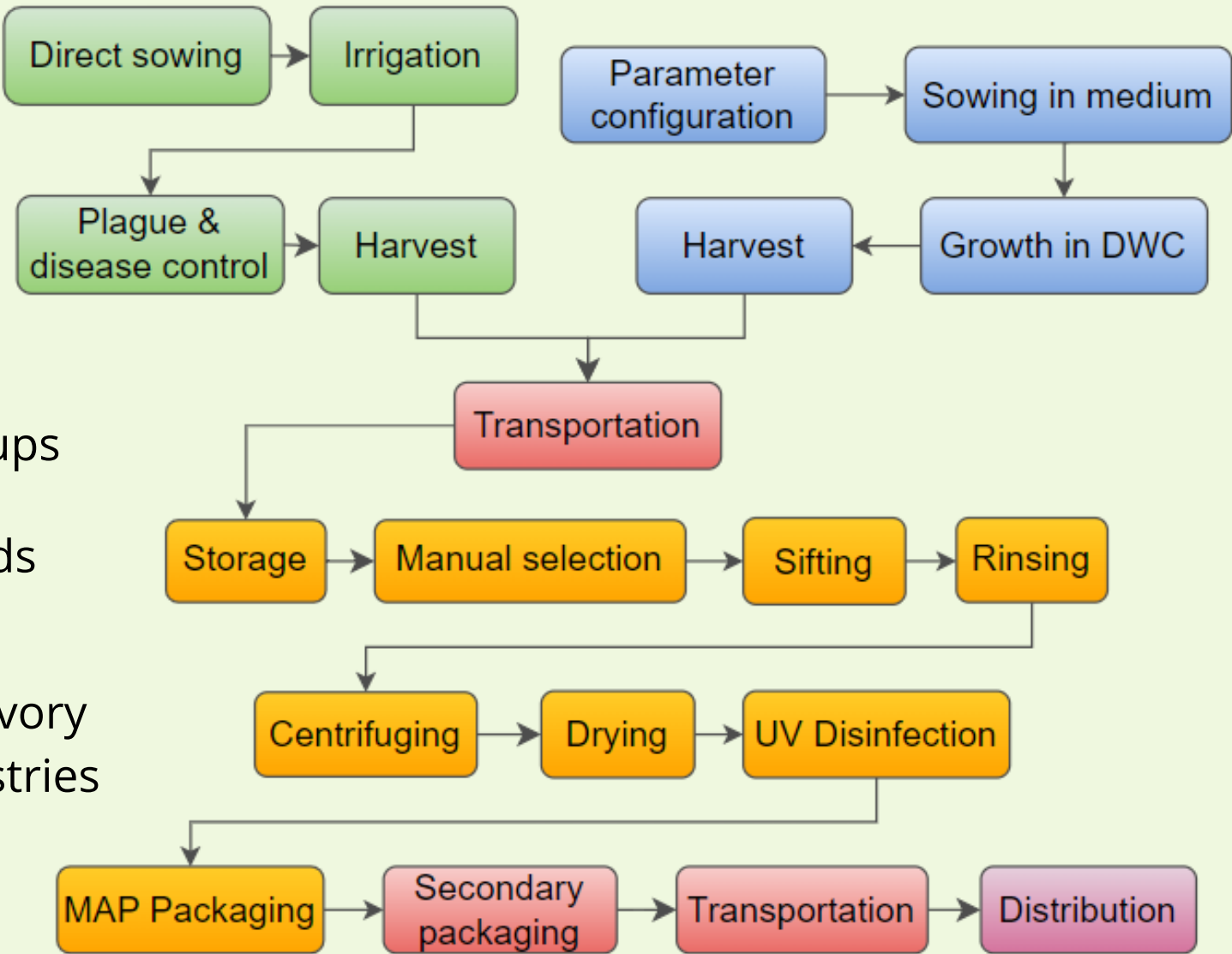
Aouachria, S., Boumerfeg, S., Benslama, A., Benbacha, F., Guemmez, T., Khenouf, S., Arrar, L., & Baghiani, A. (2017). Acute, sub-acute toxicity and antioxidant activities (in vitro and in vivo) of Reichardia picroide crude extract. Journal of Ethnopharmacology, 208, 105-116. <https://doi.org/10.1016/J.JEP.2017.06.028>

Generalitat de Catalunya. (s.d.). Cosconilla, cascunia, herba conillera o herba dolça, Reichardia picroides. https://contingut.eixarcolant.cat/wp-content/uploads/2020/11/Reichardia_picroides.pdf

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Source: Red Data Book of the Republic of Bulgaria



Source: own elaboration

Conclusions

- R. picroides* is an ingredient in many traditional **Mediterranean dishes**, especially from Italy and Catalonia
- It's rich in **antioxidants** such as phenolic compounds and has no reported toxicity
- It can be grown both in **land** and **hydroponically**
- Further studies** should be conducted regarding its productive and nutritional potential