

# Uses

ID	1,660
Crop ID	Endive
Part	Leaf
Use Category	Medicinal
Notes	The plant is used as a resolvent and cooling medicine, and in the treatment of bilious complaints. It has a similar but milder effect to chicory ( <i>Cichorium intybus</i> ) and so is a very beneficial tonic to the liver and digestive system.
Metadata ID	8,781