PLANT FACT SHEET

Saussurea gossypiphora D. Don

GENUS *Saussurea* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The cut leaves are washed, boiled in milk and sun dried to make a cheese like dish.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

Murugan, Pal M., et al, 2010, Phytofoods of Nubra valley, Ladakh - The cold desert. Indian Journal of Traditional Knowledge. Vol. 9(2): 303-308

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/01f1ad33-0edf-44db-b3b5-bd3afc85b98c