PLANT FACT SHEET

Aster ageratoides Turczaninow

GENUS *Aster* **FAMILY** Asteraceae

COMMON NAMES White aster

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are eaten.

DESCRIPTION

A herb that grows in clumps. It keeps growing from year to year. It grows 40-100 cm high. It has a short stem and short off-shoots develop from this. The stems are hairy. They are 2 mm across and branch just before flowering. The leaves at the base die early. The leaves on the stem are narrowly sword shaped and 8-14 cm long by 2-3 cm wide. They taper at both ends. There are teeth towards the tip. The flowers are white and in heads. These are in loose groups.

HABITAT

It is a temperate plant. It is native to eastern Asia. In China it is common on hillsides.

REFERENCES

Chen, B. & Qiu, Z., Consumer's Attitudes towards Edible Wild Plants, Ishikawa Prefecture, Japan. p 22 www.hindawi.com/journals/ijfr/aip/872413.pdf (As Aster leiophyllus)

Hu, Shiu-ying, 2005, Food Plants of China. The Chinese University Press. p 720

READ As Aster trinervius var. adustus

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/03e2f5a4-18d1-4b21-aa1e-776208f09d6a