PLANT FACT SHEET

Myriactis nepalensis Less.

GENUS *Myriactis* **FAMILY** Asteraceae

COMMON NAMES Nepal myriactis

EDIBLE PARTS AND USES

Edible parts: Leaves, Fruit

Roasted fruit are pickled.
The leaves and young shoots are eaten after boiling or frying in oil.

DESCRIPTION

A herb. It grows to about 50 cm high. The leaves are stalked. They are alternate. The leaves are oval to sword shaped with coarse teeth around the edge. The leaves can be hairy. The flowers are yellow and in heads. The fruit is a dry fruit.

HABITAT

A tropical and subtropical plant. In Nepal it grows between 1400-3900 m altitude.

PRODUCTION

Cultivation

Plants are grown from seed.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/050ef24b-4846-4344-8bb8-eb1b098676ec