PLANT FACT SHEET

Parastrephia lucida (Meyen) Cabr.

GENUS *Parastrephia* **FAMILY** Asteraceae

COMMON NAMES Mayu tola

EDIBLE PARTS AND USES

Edible parts: Medicine

DESCRIPTION

A shrub. It keeps growing from year to year. It grows 1.5 m tall.

HABITAT

It is a temperate plant. In Argentina it grows between 2,900-5,000 m above sea level.

PRODUCTION

Cultivation

Plants are grown by seeds.

NOTES

It is used as medicine. It is used as an antiseptic and anti-inflammatory.

REFERENCES

Aldunate, C. et al, 1983, Ethnobotany of pre-Altiplanic Community in the Andes of Northern Chile. Economic Botany 37( ) p 120-134

PROVIDED BY **Food Plants International**

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/0560fac0-e4c2-426a-a272-d88018f4191f