PLANT FACT SHEET

Hemistepta lyrata (Bunge) Bunge

GENUS *Hemistepta* **FAMILY** Asteraceae

COMMON NAMES Fox thistle

EDIBLE PARTS AND USES

Edible parts: Leaves

The shoots and leaves are eaten.

DESCRIPTION

A herb. It grows 60 cm tall. The stems can have many branches. The lower leaves are thin and their lower surface has a white covering. The leaves are broadly sword shaped and 7-21 cm long. They have lyre shaped lobes along the stalk. The leaves on the stem are oblong. The flowers are in round heads 12-14 mm long.

HABITAT

A cool temperate plant. In grows on mountain slopes and valleys. It grows from near sea level to 3,300 m above sea level. It needs to be in a sunny location.

NOTES

There are about 400 Saussurea species.
It restricts the germination of wheat, rape and radish.

REFERENCES

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READ (As Saussurea affinis)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/0960a28d-1d0e-4889-96eb-d67ed5d83e51