PLANT FACT SHEET

Symphyotrichum laevis (L.) A. Love & D. Love

GENUS *Symphyotrichum* **FAMILY** Asteraceae

COMMON NAMES Smooth blue aster

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers

DESCRIPTION

A herb. It grows up to 70 cm tall. It has short rhizomes or underground stems.

HABITAT

It is a temperate plant.

REFERENCES

Toupal, R. S. & Hollenback, K., 2009, An Ethnobotany of Indiana Dunes National Lakeshore: Plant Uses of the Ojibwa People. Bureau of Applied Research in Anthropology. University of Arizona (As Aster laevis)

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/0b106f03-1b95-4784-ae0f-64f4b6a1522b