PLANT FACT SHEET

Saussurea involucrata Matsum. & Koidz.

GENUS *Saussurea* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Flowers

DESCRIPTION

A herb. It grows 15-50 cm tall. It keeps growing from year to year. It has a single stem 2-3 cm across. The leaves are in a ring at the base and there are also leaves along the stem. They have leaf stalks. The leaves are narrowly oval and 8-13 cm long by 2-4 cm wide. The flower heads are as 10-20 in a roundish group.

HABITAT

It is a temperate plant. It grows in western China on mountain slopes and valleys by water and in cracks in rocks between 2,400-4,100 m above sea level. In Yunnan.

NOTES

It is collected for medicinal uses.

REFERENCES

Liu, Yi-tao, & Long, Chun-Lin, 2002, Studies on Edible Flowers Consumed by Ethnic Groups in Yunnan. Acta Botanica Yunnanica. 24(1):41-56

Urgamal, M., Oyuntsetseg, B., Nyambayar, D. & Dulamsuren, Ch. 2014. Conspectus of the vascular plants of Mongolia. (Editors: Sanchir, Ch. & Jamsran, Ts.). Ulaanbaatar, Mongolia. "Admon" Press. 334pp. (p. 199-230).

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