PLANT FACT SHEET

# *Adenocaulon himalaicum* Edgeworth;

**GENUS** *Adenocaulon* **FAMILY** Asteraceae

**COMMON NAMES** Gnalep

## EDIBLE PARTS AND USES

**Edible parts:** Leaves

The young leaves are eaten with oil and salt. They are used in salads.

## DESCRIPTION

A herb. It keeps growing from year to year. It grows 30-100 cm tall. The lower leaves have long stalks. The upper leaves do not have a stalk. The leaves are 7-13 cm long by 11-22 cm wide. The leaves are rounded or kidney shaped and can be wavy or with teeth near the edge. The flower heads are daisy like and are white.

## HABITAT

It is a temperate plant. It grows in Nepal between 2000-4000 m altitude in moist, shady places. In Sichuan and Yunnan.

## PRODUCTION

### Cultivation

Plants are grown from seed.

## NOTES

It is used as a paste in medicine in Nepal.

## REFERENCES


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Luo, B., et al, 2019, Wild edible plants collected by Hani from terraced rice paddy agroecosystem in Honghe Prefecture, Yunnan, China. Journal of Ethnobiology and Ethnomedicine 15:56

Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 72

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