PLANT FACT SHEET

Ligularia sibirica (L.) Cass.

GENUS *Ligularia* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked and eaten.

DESCRIPTION

A herb. It grows 20-200 cm tall. The leaves near the base have leaf stalks 14-39 cm long. The leaves are oval or heart shaped and 4-32 cm long by 5-29 cm wide. There are teeth along the edge.

HABITAT

It is a temperate plant. It grows in swamps and wet grasslands and along streams below 2,200 m above sea level.

NOTES

There are about 150 Ligularia species.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/1362d65a-cf1e-48dd-b63c-d212cb80b7f9