PLANT FACT SHEET

Sinclairia glabra (Hemsl.) Rydb.

GENUS *Sinclairia* **FAMILY** Asteraceae

COMMON NAMES Shrubby glabrum

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb or small shrub. It grows 3-4 m tall. The leaves are silvery white underneath. The flowers are orange-yellow. It has milky sap.

HABITAT

It is a subtropical climate plant. It has been recorded at about 1,000 m above sea level.

REFERENCES

Kiple, K.F. & Ornelas, K.C., (eds), 2000, The Cambridge World History of Food. CUP p 1841 (As Liabum glabrum)

PROVIDED BY **Food Plants International**

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/1647d6f7-76d1-4e50-86df-4ad3a24a0a0e