PLANT FACT SHEET

Lapsanastrum apogonoides (Maxim.) Pak. & K. Bremer

GENUS *Lapsanastrum* **FAMILY** Asteraceae

COMMON NAMES Japanese Nipplewort

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

Chen, B. & Qiu, Z., Consumer's Attitudes towards Edible Wild Plants, Ishikawa Prefecture, Japan. p 23 www.hindawi.com/journals/ijfr/aip/872413.pdf (As Lapsana apogonoides)

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/ (As Lapsana apogonoides)

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/1a59b2ef-6d96-4751-97e7-6fe5685e7e85