PLANT FACT SHEET

Saussurea simpsoniana (Fielding & Gardner) Lipsch.

GENUS *Saussurea* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

The dried leaves are used for making a salty tea drink.

DESCRIPTION

A herb. It has a taproot. It grows 2-12 cm tall and occasionally 25 cm. It has several leaves in a ring. They are hollow and have white woolly hairs.

HABITAT

It is a temperate plant. It grows close to the snow line in the Himalayas.

REFERENCES

Negi, P. S. & Subramani, S. P., 2015, Wild Edible Plant Genetic Resources for Sustainable Food Security and Livelihood of Kinnaur District, Himachal Pradesh, India, International Journal of Conservation Science. 6 (4): 657-668

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/1e6e2e2c-71d2-4eea-83b9-e7d627bd4d2e