PLANT FACT SHEET

Saussurea laniceps Hand.-Mazz.

GENUS *Saussurea* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Flowers

DESCRIPTION

A herb. It grows 15-45 cm tall. It keeps growing from year to year. The stem occurs singly and is 2 cm across. It is hidden by the leaves. There is a ring of leaves at the base as well as leaves on the stem. These have leaf stalks. The leaves are narrowly oval and 5-15 cm long by 1-2 cm wide. There is a brownish white coating underneath the leaves. There are several flower heads in an arrangement 8 cm across.

HABITAT

It is a temperate plant. It grows in Tibet on alpine scree slopes between 3,200-5,500 m above sea level. In Yunnan.

REFERENCES

Liu, Yi-tao, & Long, Chun-Lin, 2002, Studies on Edible Flowers Consumed by Ethnic Groups in Yunnan. Acta Botanica Yunnanica. 24(1):41-56

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/21fefba4-9fb2-4249-ac2d-740c16844d82