PLANT FACT SHEET

Anaphalis margaritacea (L.) Bentham & J. D. Hooker

GENUS *Anaphalis* **FAMILY** Asteraceae

COMMON NAMES Western pearly everlasting

EDIBLE PARTS AND USES

Edible parts: Leaves

It is chewed in place of tobacco.
The whole plant is cooked with pork or green-shelled duck eggs.
The young leaves are cooked and eaten.

DESCRIPTION

A perennial daisy family herb. It grows 80-100 cm high and spreads 40-60 cm wide. The leaves are grey-green above and have white hairs underneath. The leaves are 7-13 cm long by 2 cm wide. The edges are wavy. The flower heads are 11 mm across. The flowers are clustered. These are 15 cm across. The fruit is a dry warty achene.

HABITAT

A temperate plant. It grows in open woods. It grows in shady slopes in Pakistan between 700-1,300 m above sea level. It can tolerate drought and frost. In China it grows in pine forests and in dry soils and sub-alpine meadows between 300-3,400 m above sea level. It suits hardiness zones 3-9. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants are grown by seeds.

NOTES

There are about 100 Anaphalis species.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/23848987-d070-44df-bcd3-8cb27da9396e