PLANT FACT SHEET

Leibnitzia anandria (L.) Turcz.

GENUS *Leibnitzia* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten raw or boiled in water.

DESCRIPTION

A herb. It keeps growing from year to year. It comes in two forms. The young plant in spring has leaves in a ring at the base. The leaves are oval and 2-6 cm long by 1-3 cm wide. Underneath they have spines. They are heart shaped at the base and there are teeth along the edge.

HABITAT

It is a temperate plant. It grows on mountain slopes and valleys between 600-2,600 m above sea level. In Yunnan.

REFERENCES

Geng, Y., et al, 2016, Traditional knowledge and its transmission of wild edibles used by the Naxi in Baidi Village, northwest Yunnan province. Journal of Ethnobiology and Ethnomedicine. 12:10

Hwang, H., et al, 2013, A Study on the Flora of 15 Islands in the Western Sea of Jeollanamdo Province, Korea. Journal of Asia-Pacific Biodiversity Vol. 6, No. 2 281-310

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

Schtscheglov, Ind. publ. 8-1:404. 1831

Urgamal, M., Oyuntsetseg, B., Nyambayar, D. & Dulamsuren, Ch. 2014. Conspectus of the vascular plants of Mongolia. (Editors: Sanchir, Ch. & Jamsran, Ts.). Ulaanbaatar, Mongolia. "Admon" Press. 334pp. (p. 199-230).

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/25c65288-9c8e-46b4-b691-58a64f2742eb