PLANT FACT SHEET

# *Laggera alata* (D. Don) Sch. Bip ex Oliv.

**GENUS** *Laggera* **FAMILY** Asteraceae

**COMMON NAMES** Winged-stem laggera

## EDIBLE PARTS AND USES

**Edible parts:** Leaves

The young shoots are fried with egg.

## DESCRIPTION

A herb. It is robust and has many branches. It grows 60 cm high. The stems are winged, The leaves are oblong and 2-8 cm long by about 1 cm wide. There are teeth along the edge.

## HABITAT

A tropical plant. It grows on sunny meadows below 2,300 m in southern China. In Yunnan.

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