PLANT FACT SHEET

Saussurea costus (Falc.) Lipsch.

GENUS *Saussurea* **FAMILY** Asteraceae

COMMON NAMES Costus

EDIBLE PARTS AND USES

Edible parts: Herb, Root - spice

The rhizome or root is cooked and used in mixed food dishes. It is bitter tasting

DESCRIPTION

A thistle. The leaves are arrowhead shaped. The flowers are in purple heads.

HABITAT

It is a temperate plant. It grows between 2,500-3,000 m above sea level. It suits hardiness zone 6-9.

NOTES

Oils from the root are used in medicine.

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PROVIDED BY **Food Plants International**

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/2a6d299d-5f9a-4f4e-b7e1-eaba725e6ee1