PLANT FACT SHEET

Aster canadensis (L.) Kuntze

GENUS *Aster* **FAMILY** Asteraceae

COMMON NAMES Hime-muhashiyomo-gi

EDIBLE PARTS AND USES

Edible parts: Leaves

Leaf boiled, chopped, and dried, and cooked with rice.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

NOTES

There are about 250 Aster species.

REFERENCES

Altschul, S.V.R., 1973, Drugs and Foods from Little-known Plants. Notes in Harvard University Herbaria. Harvard Univ. Press. Massachusetts. no. 4598

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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/2cc5a157-2adc-4ae2-bfc9-d5d555318259