PLANT FACT SHEET

Launaea procumbens (Roxb.) Ramayya & Rajagopal

GENUS *Launaea* **FAMILY** Asteraceae

COMMON NAMES Creeping launaea

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are cooked as a vegetable. They are also eaten fresh.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 30-60 cm tall. The stems are smooth and branched. The plant secretes a yellow juice. The leaves are long and 5-25 cm long. The come from the roots and have a yellow edge and spiny teeth. The flower heads are yellow and 1-2 cm across.

HABITAT

It is a warm temperate plant.

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