PLANT FACT SHEET

Dipsacus inermis Wall.

GENUS *Dipsacus* **FAMILY** Caprifoliaceae

COMMON NAMES Spineless Teasel

EDIBLE PARTS AND USES

Edible parts: Leaves

The young shoots are cooked and eaten. They are also dried and preserved for winter use. They are usually stewed with pork.

DESCRIPTION

A prickly herb. It grows from 30 cm to 3 m tall. Dipsacus inermis var. mitis is smaller than Dipsacus inermis. The leaves are alternate. The leaves on the stem have lobes. The flowers heads are many. The flowers are funnel shaped and white or yellow. The fruits are one seeded.

HABITAT

It is a temperate plant. In Pakistan it grows between 1,600-3,500 m altitude. In Yunnan.

NOTES

Also put in the family Dipsacaceae.

REFERENCES

Dobriyal, M. J. R. & Dobriyal, R., 2014, Non Wood Forest Produce an Option for Ethnic Food and Nutritional Security in India. Int. J. of Usuf. Mngt. 15(1):17-37

Flora of Pakistan www.eFloras.org (As Dipsacus inermis var. mitis)

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 (As Dipsacus asper Wall. ex DC.)

Ijaz, S., et al, 2022, Traditional knowledge of wild edible plants used by the people of Lawat, District Neelum, Azad Jammu & Kashmir, Pakistan. Ethnobotany Research and Applications 23:24

Khan, M. & Hussain, S., 2014, Diversity of wild edible plants and flowering phenology of district Poonch (J & K) in the northwest Himalaya. Indian Journal of Sci, Res. 9(1): 032-038

Kishor, A., et al, 2018, Wild Food Plants of Himachal Pradesh: A Review. Plant Archives Vol. 18 No.2 pp. 2737-2751

Luo, B., et al, 2019, Wild edible plants collected by Hani from terraced rice paddy agroecosystem in Honghe Prefecture, Yunnan, China. Journal of Ethnobiology and Ethnomedicine 15:56 (As Dipsacus asperoides)

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/ (As Dipsacus inermis var. mitis)

Singh, J., et al, 2014, Wild Vegetable Plants used by Tribal People of Kinnaur District, Himachal Pradesh, India, Int. J. of Usuf. Mngt. 15 (2): 47-56

Wild edible plants of Himachal Pradesh

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/34f0422d-1358-4516-8c8e-ca67b10e0b57