PLANT FACT SHEET

Artemisia tilesii Ledeb.

GENUS *Artemisia* **FAMILY** Asteraceae

COMMON NAMES Tilesius' wormwood

EDIBLE PARTS AND USES

Edible parts: Roots, Leaves

The roots are eaten with seal oil.
The leaves are chewed. They are usually eaten with oil. They are also used to flavour rice dumplings.

DESCRIPTION

A herb. It keeps growing from year to year. It has a tough rhizome. There are 1-3 stems 80 cm tall. The flowers are yellow.

HABITAT

It is a cool temperate plant.

REFERENCES

Trendafilova, A., et al, 2020, Research Advances on Health Effects of Edible Artemisia Species and Some Sesquiterpene Lactones Constituents. Foods 2021, 10, 65. p 5

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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/356c5713-837e-4fae-869c-d6d558f18cfb