PLANT FACT SHEET

Saussurea lappa (Decne.) C. B. Clarke

GENUS *Saussurea* **FAMILY** Asteraceae

COMMON NAMES Costus, Kuth

EDIBLE PARTS AND USES

Edible parts: Roots - spice, Oil, Leaves

The roots are used as a spice.
They are also the source of an essential oil used in the food industry for flavouring baked goods and puddings.
The leaves are eaten as a vegetable.

DESCRIPTION

A herb.

HABITAT

A cool temperate plant.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/359024c9-04f7-4839-be3e-66d0e5a262f5