PLANT FACT SHEET

Carpesium cernuum L.

GENUS *Carpesium* **FAMILY** Asteraceae

COMMON NAMES Nodding carpesium

EDIBLE PARTS AND USES

Edible parts: Leaves

Leaves are eaten with oil and salt. They are eaten raw or boiled.

DESCRIPTION

A herb. It keeps growing form year to year. It grows 50-100 cm tall. They are robust and have a white coating and hairs at the base. The lower leaves are thin and spoon shaped. They are 9-25 cm long by 4-6 cm wide. They are pale underneath. There are irregular double teeth along the edge.

HABITAT

It is a temperate to tropical plant. In China it grows in waste fields and mountain slopes below 2,900 m above sea level. In Sichuan and Yunnan.

NOTES

It contains glycosides.

REFERENCES

Ambasta S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 106

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

Hwang, H., et al, 2013, A Study on the Flora of 15 Islands in the Western Sea of Jeollanamdo Province, Korea. Journal of Asia-Pacific Biodiversity Vol. 6, No. 2 281-310

READ

Seal, T., et al, 2013,Evaluation of Proximate and Mineral Composition of Wild Edible Leaves, traditionally used by the Local People of Meghalaya State in India. Asian Journal of Plant Sciences 12(4): 171-175

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/3ba30064-dc59-4cd8-b43f-9a53640e28e7