PLANT FACT SHEET

# *Artemisia sieversiana* (Ehrh.) Willd.

**GENUS** *Artemisia* **FAMILY** Asteraceae

**COMMON NAMES** Erme

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Seeds

The seeds are eaten as a grain.
The whole plant is boiled in water.
The leaves are also eaten raw.

## DESCRIPTION

A herb. It grows over one or two years. It grows 30-100 cm high. It usually has a single stem. The leaves are hairy on both sides. The leaves are triangle oval shape and 3-10 cm long by 2-6 cm wide. They are often divided into 3 segments

## HABITAT

It is a temperate plant. It grows on roadsides, waste places, steppe, hillsides and forest margins from sea level to 4200 m altitude in China. In Sichuan and Yunnan.

## NOTES

The oils are used in medicine. There are about 300 Artemisia species. It is used in medicine in Nepal.

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Wild edible plants of Himachal Pradesh

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