PLANT FACT SHEET

Lophiolepis veruta (D. Don) Bures, Del Guacchio, Lamonico & P. Caputo

GENUS *Lophiolepis* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are eaten raw.

DESCRIPTION

A thistle herb.

HABITAT

It is a temperate plant.

REFERENCES

Kayang, H., 2007, Tribal knowledge on wild edible plants of Meghalaya, Northeast India. Indian Journal of Traditional Knowledge. Vol. 6(1), January 2007, pp. 177-181 (As Cirsium involucratum)

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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/3cd2d4f2-f4b7-4835-8ccd-ed16035f3f55