PLANT FACT SHEET

Arctium tomentosum Mill.

GENUS *Arctium* **FAMILY** Asteraceae

COMMON NAMES Woolly burdock

EDIBLE PARTS AND USES

Edible parts: Leaves, Stalks, Roots

The young leaves are used in salads and also cooked as a potherb.
The young stalks and peeled and used in soup.
Young roots are used in salads and soups.

DESCRIPTION

A robust herb. It grows 60 cm to 1.2 m tall. It takes 2 years to complete its life-cycle. The leaves are greyish white underneath. The leaves are heart shaped and 25-50 cm long by 10-30 cm wide. There are some teeth along the edge. The flower heads are cobwebby.

HABITAT

It is a temperate plant. It grows in disturbed sites across southern Canada. In western China it grows in grasslands between 1,200-2,100 m above sea level.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/3ee44f96-bcf5-4350-9fcb-0488dad75a98