PLANT FACT SHEET

Aster indicus L.

GENUS *Aster* **FAMILY** Asteraceae

COMMON NAMES Indian aster

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten with oil and salt.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 30-70 cm tall. It has rhizomes like runners. The stems are erect and hairy above. The leaves on the stem have wings on the leafstalks. The leaves are 3-6 cm long by 1-2 cm wide.

HABITAT

It is a temperate and subtropical plant. It China it grows on the edges of forests and in shaded places from sea level to 3,900 m above sea level. In Sichuan and Yunnan.

NOTES

There are about 250 Aster species.

REFERENCES

Liu, S., et al, 2023, Wild edible plants and their cultural significance among the Zhuang ethnic group in Fangchenggang, Guangxi, China. Journal of Ethnobiology and Ethnomedicine. 19:5

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/4072f79f-a28f-42ce-becb-97091121a4eb