PLANT FACT SHEET

Parasenecio hastatus (L.) H. Koyama.

GENUS *Parasenecio* **FAMILY** Asteraceae

COMMON NAMES Yobusuma-so

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are lightly boiled and eaten in soups or used as a potherb or stir-fried.
The young leaves are cooked with seasoned vegetables.

DESCRIPTION

A herb. It grows 2 m tall. The leaves are almost triangle shaped with 2 large pointed lobes at the side. The leaves have large teeth along the edge. It has white heads of flowers.

HABITAT

It is a temperate plant.

REFERENCES

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Kim, H. & Song, M., 2013, Ethnobotanical analysis for traditional knowledge of wild edible plants in North Jeolla Province (Korea). Genetic. Resour. Crop Evol. (2013) 60:1571-1585 (As Parasenecio hastatus subsp. orientalis)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/41f3fff3-3e42-4a64-8756-609ff94ca8a5