PLANT FACT SHEET

Aster trinervius Roxb. ex D. Don

GENUS *Aster* **FAMILY** Asteraceae

COMMON NAMES Purple aster

EDIBLE PARTS AND USES

Edible parts: Leaves

Leaves eaten with oil and salt.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 25-205 cm tall. It has thick rhizomes. The stems are erect and simple. The leaves in the middle of the stem are usually the largest. The leaves are pale green underneath. The leaves are narrowly oval and 1-15 cm long by 1-6 cm wide.

HABITAT

It is a temperate to tropical plant. It grows on the edges of forests and wet places in valleys between 100-3,400 m above sea level. In Sichuan and Yunnan.

NOTES

There are about 250 Aster species. Chemical composition (Shanghai area sample) (leafy shoots): Protein = 3.9%. Fat = 0.19%. Carbohydrate = 5.9%. Ash = 1.81%.

REFERENCES

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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/5b36a3e6-236b-4f52-8d21-f640d29cd577