PLANT FACT SHEET

Artemisia lavandulifolia DC.

GENUS *Artemisia* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb or shrub. It grows 50-120 cm tall. The stem leaves are narrowly oval and 6-8 cm long by 5-7 cm wide. They have a white coating underneath. They are divided into 2 or 3 pairs of segments.

HABITAT

It is a temperate plant. It grows by roadsides, forest margins, slopes, steppe, canyons, river banks or lake sides, brushlands between 400-3000 m altitude in China. In Sichuan and Yunnan.

NOTES

Used in medicine. There are about 300 Artemisia species. Chemical composition (Indian sample): Protein = 2.93%. Fat = 2.59%. Carbohydrate = 26.5%. Ash = 10.13%. Rich in sugar, Vitamin A, and Adenine.

REFERENCES

Jia, X., et al, 2022, Ethnobotany of wild edible plants in multiethnic areas of the Gansu–Ningxia–Inner Mongolia junction zone. Journal of Ethnobiology and Ethnomedicine 18:53

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/5cf6a2da-e0ee-4a09-8ae2-90161a51956b