PLANT FACT SHEET

Pseudognaphalium hypoleucum (DC.) Hilliard & B. L.Burtt

GENUS *Pseudognaphalium* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked and eaten.

DESCRIPTION

A herb. It grows each year from seed. It grows 60 cm tall. The leaves are narrow and have curled edges. They are 1.5-7.5 cm long by 0.1-0.7 cm wide. They are green but have a white coating underneath. The leaves clasp the stems. The flowers are yellow. They are in flat topped clusters.

HABITAT

It is a temperate plant. It grows between 1,500-2,400 m above sea level in the Himalayas. It needs a sunny location.

NOTES

There are about 200 Gnaphalium species.

REFERENCES

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK.
http://www.scs.leeds.ac.uk/pfaf/ (AS Gnaphalium hypoleucum)

PROVIDED BY **Food Plants International**

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/6025e873-bbf9-445d-8794-633cedcf0425