PLANT FACT SHEET

Leontopodium himalayanum DC.

GENUS *Leontopodium* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves and stems are chewed as babul gum.

DESCRIPTION

A herb. It is densely tufted and 7-32 cm tall. Old leaf bases sheath the lower parts and a loose tuft of a few leaves grow above. The side leaves are spoon shaped and the stem leaves are narrow. They are 2-7 cm long by 1-4 mm wide.

HABITAT

It is a temperate plant.

REFERENCES

Amin, M., et al, 2023, Edible wild plant species used by different linguistic groups of Kohistan Upper Khyber Pakhtunkhwa (KP), Pakistan. Journal of Ethnobiology and Ethnomedicine 19:6 p 10

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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/6810585c-2b26-4df2-b819-b8a01c7d9037