PLANT FACT SHEET

Taraxacum sikkimense Hand.-Mazz.

GENUS *Taraxacum* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are used as a vegetable.

DESCRIPTION

A herb. It does not have a stem and keeps growing from year to year. It has milky sap. The leaves at the base are in a ring. The leaves are deeply divided and 4.5-12.5 cm long by 0.7-1.3 cm wide. There are 3-5 pairs of side segments. The flowers occur singly and are yellow.

HABITAT

It is a temperate plant. In the Himalayas it grows between 3,600-4,700 m above sea level.

REFERENCES

Ghimire, S. K., et al, 2008, Non-Timber Forest Products of Nepal Himalaya. WWF Nepal p 52

Uprety, Y., et al, 2016, Traditional use and management of NTFPs in Kangchenjunga Landscape: implications for conservation and livelihoods. Journal of Ethnobiology and Ethnomedicine (2016) 12:19

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/91daa92b-2d7f-4811-96f3-5cc1c8febc1d