PLANT FACT SHEET

# *Dicranostigma lactucoides* Hook.f. & Thoms.

**GENUS** *Dicranostigma* **FAMILY** Papaveraceae

## EDIBLE PARTS AND USES

**Edible parts:** Leaves

The young leaves are cooked to make a thick soup. This is eaten with porridge or buckwheat bread.

## DESCRIPTION

A herb that keeps growing from year to year. It is thinly hairy. The stems and roots have a yellow juice. The leaves at the base are in a dense ring. They are narrowly sword shaped with lobes along the sides. The leaves on the stems are smaller and without stalks. The flowers are orange or yellow and on slender curved stalks. They can be at the top or in the axils of leaves along the stems. The fruit is a cylinder shaped curved capsule.

## HABITAT

It is a temperate plant. In Nepal it grows between 2,700-4,200 m above sea level.

## REFERENCES

Ghimire, S. K., et al, 2008, Non-Timber Forest Products of Nepal Himalaya. WWF Nepal p 107

**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/92d17d8f-5d49-4a04-beef-a284fa0525b0