PLANT FACT SHEET

Cephalaria gigantea (Ledeb.) Bobrov

GENUS *Cephalaria* **FAMILY** Caprifoliaceae

EDIBLE PARTS AND USES

Edible parts: Stem, Flowers - tea

The stem is eaten raw.
The flowers are used for tea.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

NOTES

Also put in the family Dipsacaceae.

REFERENCES

Bussman, R. W., et al, 2021, Unity in diversity—food plants and fungi of Sakartvelo (Republic of Georgia), Caucasus. Journal of Ethnobiology and Ethnomedicine (2021) 17:72 p 9

Nanagulyan, S., et al, 2020, Wild plants and fungi sold in the markets of Yerevan (Armenia). Journal of Ethnobiology and Ethnomedicine 16:26

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a10660a9-fdc1-4a83-b7b2-23cb86d5a701