PLANT FACT SHEET

Paranephelius ovatus Wedd.

GENUS *Paranephelius* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Young sprouts, Leaves

The young shoots are eaten raw.

DESCRIPTION

A herb. The leaves are 2-4 cm long. They are oval and taper towards the stalk. There are irregular teeth around the edge. The flowers occur singly and aere 3.5-4 cm wide. They are yellow.

HABITAT

It is a tropical plant. It grows in mountainous regions. It grows between 2,800-4,500 m above sea level.

REFERENCES

Hensen, I., 1992, La Flora de la Comunidad Chorojo, Su uso, taxonomía científica y vernacular. Agroecología Universidad Cochabamba p 23 (As Liabum ovatum)

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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/a3e73af1-5b5c-4c9d-a674-b3628d14672b