PLANT FACT SHEET

Saussurea graminifolia Wall. ex Hk.f.

GENUS *Saussurea* **FAMILY** Asteraceae

COMMON NAMES Grass-leaved saw-wort

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb. It grows 7-20 cm tall. It keeps growing from year to year. The leaves are in a ring. The stems are single and erect and have a white covering. The leaves are narrow and 3-14 cm long by 0.2 cm wide. They are greyish white underneath. There is one flower head.

HABITAT

A cool temperate plant. It grows in grasslands on mountain slopes and near gravel beaches between 4,500-4,700 m above sea level in Tibet.

REFERENCES

Rawat, G.S., & Pangtey, Y.P.S., 1987, A Contribution to the Ethnobotany of Alpine Regions of Kumaon. J. Econ. Tax. Bot. Vol. 11 No. 1 pp 139-147

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a9bc85e8-87ad-4710-a984-90c8bea03f7e