PLANT FACT SHEET

Taraxacum tibetanum Hand.Mazz.

GENUS *Taraxacum* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked and used as a vegetable.

DESCRIPTION

A herb that keeps growing from year to year. It does not have a stem. It grows 5-15 cm tall. The leaves at the base are in a ring and they are deeply divided. They are 4.5-8 cm long by 1-1.2 cm wide. There are 4-6 pairs of side segments. The leaf lobes are narrow

HABITAT

It is a temperate plant. In the Himalayas it grows between 3,500-4,300 m above sea level.

REFERENCES

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

Guo, C., et al, 2022, An Ethnobotany Survey of Wild Plants Used by the Tibetan People of the Yadong River Valley, Tibet, China. Journal of Ethnobiology and Ethnomedicine p 22

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