PLANT FACT SHEET

Corispermum puberulum Iljin

GENUS *Corispermum* **FAMILY** Amaranthaceae

COMMON NAMES Gravel forest herb, Fowl's nest, Soft-hairy bugseed

EDIBLE PARTS AND USES

Edible parts: Plant - tea

The whole plant is gathered, chopped and dried for tea.

DESCRIPTION

An annual herb. It grows 15-50 cm high. The leaves are narrow and without leaf stalks. They are 5 cm long by 2-4 mm wide. The flowers are small and green. They are in the axils of bracts. They are crowded into spikes 5-6 cm long and 1 cm wide.

HABITAT

It is a temperate plant. It grows on the gravel of river beds. It grows in sandy places.

NOTES

Also put in the family Chenopodiaceae.

REFERENCES

Hu, Shiu-ying, 2005, Food Plants of China. The Chinese University Press. p 378

www.eFloras.org Flora of China

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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/b01c4311-04db-4097-aad1-7f045af844d4