PLANT FACT SHEET

Saussurea auriculata (DC.) Sch.Bip.

GENUS *Saussurea* **FAMILY** Asteraceae

COMMON NAMES Nuri, Kut

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked in goat's milk.

DESCRIPTION

A herb. It keeps growing from year to year. It is erect with leaves along the stem. It grows 60-160 cm tall. The leaves have triangle shaped backward pointing lobes and larger triangle shaped lobes towards the tip. The flower head is nodding and usually occurs singly. It is purple and 2-4 cm across.

HABITAT

A cool temperate plant.

REFERENCES

Ambasta S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 553 (As Saussurea hypoleuca)

Dobriyal, M. J. R. & Dobriyal, R., 2014, Non Wood Forest Produce an Option for Ethnic Food and Nutritional Security in India. Int. J. of Usuf. Mngt. 15(1):17-37 (As Sauropus)

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 (As Saussurea hypoleuca)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b0b11235-e3c2-4124-b1c5-8dfb16342363