PLANT FACT SHEET

Ligularia fischeri (Ledebour) Turcz.

GENUS *Ligularia* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The tender leaves are cooked as a vegetable.
The are also dried.

DESCRIPTION

A herb. It grows to about 1.5 m high. The leaves have stalks. The leaves are 5-23 cm long by 6-30 cm wide. They are kidney shaped. They have teeth along the edge and the base is heart shaped. The flower heads are yellow. The fruit is a dry fruit that does not split open to release its seed.

HABITAT

A temperate plant. In Nepal it grows between 2200-4600 m altitude. It grows in moist, open places. It is often near streams.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There are about 125-180 Ligularia species. Some have now been put into other groups.

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PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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