PLANT FACT SHEET

Helichrysum thianschanicum Regel

GENUS *Helichrysum* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are used as a potherb.

DESCRIPTION

A herb. It keeps growing from year to year. It has a rhizome 1 cm across. It grows 30-60 cm tall. The leaves are narrow or spoon shaped.

HABITAT

It is a temperate plant. In western China it grows in gravelly places and dunes below 3,000 m above sea level.

REFERENCES

Seidemann J., 2005, World Spice Plants. Economic Usage, Botany, Taxonomy. Springer. p 173

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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/c2aaee80-e2c9-418d-8b08-5eb371d16162