PLANT FACT SHEET

Ligularia intermedia Nakai

GENUS *Ligularia* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked and eaten with rice.

DESCRIPTION

A herb. It grows 1 m tall. The stem is 1 cm across at the base. It has white hairs. The leaves at the base have leaf stalks 16-43 cm long. The leaves are heart or kidney shaped. They are 8-16 cm long by 12-24 cm wide. There are sharp triangle shaped teeth along the edge.

HABITAT

It is a temperate plant. It grows along stream banks and on grassy slopes and alpine meadows between 100-3,400 m above sea level. In Sichuan and Yunnan.

NOTES

There are about 150 Ligularia species.

REFERENCES

Bot. Mag. (Tokyo) 31:125. 1917

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK.
http://www.scs.leeds.ac.uk/pfaf/

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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/c45ca86c-d4a6-4b9a-9821-b4f2abf0f291