PLANT FACT SHEET

Saussurea tridactyla Sch.Bio ex Hook.f.

GENUS *Saussurea* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Flowers, Shoots

The flowers are eaten raw.
The young shoots are eaten as a vegetable.

DESCRIPTION

A herb. It grows 8-15 cm tall. It keeps growing from year to year. The rootstock is usually branched and there is a single erect stem. There are a ring of leaves at the base and leaves on the stem. The lower ones have leaf stalks. The leaves are spoon shaped and 5-25 mm long by 2-6 mm wide. There are 3-6 lobes along the edge. There are several flower heads in a half round arrangement 2-3 cm across,

HABITAT

It is a temperate plant. It grows on alpine scree slopes between 4,300-5,300 m above sea level in Tibet. In Yunnan.

REFERENCES

Liu, Yi-tao, & Long, Chun-Lin, 2002, Studies on Edible Flowers Consumed by Ethnic Groups in Yunnan. Acta Botanica Yunnanica. 24(1):41-56
Savita, et al, 2006, Studies on wild edible plants of ethnic people in east Sikkim. Asian J. of Bio Sci. (2006) Vol. 1 No. 2 : 117-125

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c7cead0e-6298-4d8b-ad8f-e23e8175dcaa