PLANT FACT SHEET

Tephroseris palustris (L.) Schrenk ex Rchb..

GENUS *Tephroseris* **FAMILY** Asteraceae

COMMON NAMES Marsh fleawort, Clustered Marsh Ragwort, Marsh Fleabane

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A small herb. It grows 20-75 cm high. The plant is softly hairy. The leaves at the base are sword shaped with wavy edges. The upper leaves are smaller and clasp the stem. The flowers are yellow disks. The flower heads are 1-2 cm wide and several occur in a tight cluster. The fruit is a small dry achene.

HABITAT

It is a cool temperate plant. It grows in wet places between 600-1,000 m above sea level in north China.

REFERENCES

Ann. Soc. Linn. Lyon ser. 2, 16:404. 1868

Cormack, R. G. H., 1967, Wild Flowers of Alberta. Commercial Printers Edmonton, Canada. p 391 (As Senecio congestus)

Källman, S., 1980, FAO Report D 54012-H2, Sweden. "A literature study that is important for the knowledge and ideas about the selection and nutritional values of wild Swedish plants that can be used as food in emergency situations" (As Senecio congestus)

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 526 (As Senecio congestus)

Porsild, A.E., 1953, Edible Plants of the Arctic, Arctic 6:15-34, page 27 (As Senecio congestus)

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

Prodr. 6:363. 1838 (As Senecio congestus)

Urgamal, M., Oyuntsetseg, B., Nyambayar, D. & Dulamsuren, Ch. 2014. Conspectus of the vascular plants of Mongolia. (Editors: Sanchir, Ch. & Jamsran, Ts.). Ulaanbaatar, Mongolia. "Admon" Press. 334pp. (p. 199-230).

USDA, ARS, National Genetic Resources Program. Germplasm Resources Information Network - (GRIN). [Online Database] National Germplasm Resources Laboratory, Beltsville, Maryland. Available: www.ars-grin.gov/cgi-bin/npgs/html/econ.pl (10 April 2000) (As Senecio congestus)

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/cbbcdc66-a75b-4cd7-89ba-84ab98ff5d7c