PLANT FACT SHEET

Launaea sarmentosa (Willd.) Sch.Bip ex Kuntze

GENUS *Launaea* **FAMILY** Asteraceae

COMMON NAMES Beach launaea

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are occasionally eaten. They are finely chopped.

DESCRIPTION

A fleshy herb. It lies along the ground and is creeping. It keeps growing from year to year. It has a taproot and trailing side roots that bear shoots. The creeping stems are 20-90 cm long. The leaves are in a ring. They are spoon shaped and 3-8 cm long by 1 cm wide. There are deep lobes along the side. The flowers are yellow.

HABITAT

It grows in subtropical places. Deccan. Rajasthan. It grows naturally on sandy plains. In China it grows in coastal sandy areas just above the high tide mark. In Maldives it is common along the sea shore.

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