PLANT FACT SHEET

Achillea alpina L.

GENUS *Achillea* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are eaten in porridge.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 30-80 cm tall. It has stout rhizomes. The leaves at the base of the stem wither. The leaves on the stem do not have leaf stalks. They are narrowly sword shaped and 6-10 cm long by 1-2 cm wide. They are divided or lobed. They are hairy underneath. The flowers are in a flat topped group at the top of the plant.

HABITAT

It is a temperate plant. In north China it grows in grasslands on mountain slopes and in river valleys between 800-2,400 m above sea level. In Sichuan and Yunnan.

REFERENCES

Song, M., et al, 2013, Traditional knowledge of wild edible plants in Jeju Island, Korea. Indian Journal of Traditional Knowledge. 12(2) pp 177-194

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).

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