PLANT FACT SHEET

# *Inula japonica* Thunb.

**GENUS** *Inula* **FAMILY** Asteraceae

## EDIBLE PARTS AND USES

**Edible parts:** Leaves

The young leaves are eaten.

## DESCRIPTION

A herb.

## HABITAT

It is a temperate plant.

## NOTES

There are about 100 Inula species.

## REFERENCES

BARANOV (As Inula britannica var. japonica)

**PROVIDED BY** **Food Plants International**

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/d93790b9-9fb9-41a4-817d-86b37146e9e3