PLANT FACT SHEET

Ixeris polycephala Cass.

GENUS *Ixeris* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are blanched before eating. They are cooked. They are used in salads.

DESCRIPTION

A herb. It grows each year from seed. It grows 10-50 cm tall. The leaves are narrowly sword shaped and 6-22 cm long by 1-2 cm wide. They can be divided and they can have teeth along the edge.

HABITAT

It is a temperate and subtropical plant. It grows on the edges of forests and along streams between 100-2,000 m above sea level. In Sichuan and Yunnan.

REFERENCES

F. Cuvier, Dict. sci. nat. 24:50. 1822

Fang, Q., et al, 2024, Wild edible plants of the Yao people in Jianghua, China: plant‐associated traditional knowledge and practice vital for food security and ecosystem service. Journal of Ethnobiology and Ethnomedicine (2024) 20:80

Hwang, HS, et al, 2014, Distribution characteristics of plant in the Ungseokbong Mountain, Gyeongsangnam-do, Korea. Journal of Asia-Pacific Biodiversity. 7(2014) e164-e178

Luo, B., et al, 2019, Wild edible plants collected by Hani from terraced rice paddy agroecosystem in Honghe Prefecture, Yunnan, China. Journal of Ethnobiology and Ethnomedicine 15:56

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

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/da25f3be-1a5c-4575-a1e8-b601b30d8efc