PLANT FACT SHEET

Acmella calva (DC.) R. K. Jansen

GENUS *Acmella* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Flower, Leaves

The flowers are eaten as a vegetable.
The shoots and young leaves are eaten with alkali solution and dried fish.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant. It grows at about 1,500 m above sea level in Nepal.

NOTES

It is also used as a medicine.

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