PLANT FACT SHEET

Cousinia thomsonii C. B. Clarke

GENUS *Cousinia* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb.

HABITAT

It is a temperate plant. In the Himalayas it grows between 3,000-4,600 m above sea level.

REFERENCES

Sharma, L. et al, 2018, Diversity, distribution pattern, endemism and indigenous uses of wild edible plants in Cold Desert Biosphere Reserve of Indian Trans Himalaya. Indian Journal of Traditional Knowledge. Vol 17(1) January 2018 pp 122-131

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/dbc4b818-25b6-4490-8a9c-4fa2ee3f4404