PLANT FACT SHEET

Kalimeris indica (L.) Schultz-Bipontinus

GENUS *Kalimeris* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Leaves - tea

The young shoots are a popular potherb.
The plant, fresh or dried in used in herbal teas.

DESCRIPTION

A herb. It keeps growing from year to year. New shoots emerge from the rootstock as tender rhizomes with scales. The end then develops into an aerial stem. They are purplish and hairy. The leaves are narrowly sword shaped and 3-10 cm long by 1-5 cm wide. The flowers are daisy like with some strap like and some as disks. The ray flowers are purple-violet and the tube flowers are yellow.

HABITAT

It is a temperate and Mediterranean climate plant. It is native to east Asia. It grows along roadsides and river banks. In Sichuan.

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