PLANT FACT SHEET

Anaphalis nepalensis (Spreng.) Hand.-Mazz.

GENUS *Anaphalis* **FAMILY** Asteraceae

COMMON NAMES Nepal pearly everlasting

EDIBLE PARTS AND USES

Edible parts: Flowers buds

The flower buds are eaten raw in salads.

DESCRIPTION

A herb. It keeps growing from year to year. It has a slender rhizome. The runners can be 20 cm long. The leaves on the runners are oval or spoon shaped. There is a ring of leaves at the end. The stems are 4-45 cm tall. They have a white coating. The flowers are in daisy like heads with white and a yellow centre.

HABITAT

It is a temperate plant. It grows in cold desert in north India in the Himalayas. In China it grows in alpine grasslands and pine forests between 2,400-4,500 m above sea level. In Sichuan and Yunnan.

REFERENCES

Ballabh, B., et al, 2007, Raw edible plants of cold desert Ladakh. Indian Journal of Traditional Knowledge. 6(1) pp 182-184 (As Anaphalis triplinervis var. intermedia)

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 (As Anaphalis triplinervis var. intermedia)

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