PLANT FACT SHEET

# *Launaea secunda* (C.B.Clarke)Hook.f.

**GENUS** *Launaea* **FAMILY** Asteraceae

**COMMON NAMES** Himalayan launaea

## EDIBLE PARTS AND USES

**Edible parts:** Leaves

The tender shoots and leaves are cooked as a vegetable.

## DESCRIPTION

A herb. The leaves are all near the base. They have deep teeth and lobes around the edge. The flower heads are yellow. They occur in small clusters. The fruit is dry and oblong. The end is blunt.

## HABITAT

It is a temperate plant. In Nepal it grows between 500-3400 m altitude. It grows in moist places.

## PRODUCTION

### Cultivation

The plants are grown by seeds.

## REFERENCES

Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 286

**PROVIDED BY** **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/e6e5f5c7-4921-4351-8d1d-a8197b5169d3