PLANT FACT SHEET

Youngia japonica (L.) DC.

GENUS *Youngia* **FAMILY** Asteraceae

COMMON NAMES Oriental False Hawk's-beard

EDIBLE PARTS AND USES

Edible parts: Leaves

The young plants before flowering are used as a potherb. The stems and leaves are eaten.

DESCRIPTION

An erect annual herb. It grows to 60 cm high. The leaves normally form a rosette or ring near the base. They are 5-10 cm long. Leaves on the stem are smaller. The sap is white and milky. The flowers occur in heads of about 20 flowers on an almost leafless stalk. The flowers are yellow. The fruit is round in cross section and flat at the top.

HABITAT

A tropical plant. In Papua New Guinea it occurs from 1,000 to 3,000 m altitude. In Nepal it grows between 230-2900 m altitude. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants are grown from seeds.

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