PLANT FACT SHEET

Aster scaber Thunberg

GENUS *Aster* **FAMILY** Asteraceae

COMMON NAMES Rough aster

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The young leaves are lightly boiled or steamed and used like spinach.
The leaves are dried then water added along with soy sauce and sesame oil.
The leaves are stir fried or blanched and used in side salads.

DESCRIPTION

A robust herb. It keeps growing from year to year. It grows 1-1.5 m high. The stems are smooth and 3-7 mm across. The stems develop from buds on the short rhizomes or underground stems. The leaves are rough to the touch and have teeth along the edge. The leaves at the base are triangle shaped and 5-12 cm long by 3-12 cm wide. The leaf stalk is longer than the blade. These leaves die off. The leaves on the stem are oval or heart shaped and 8-14 cm long by 6-14 cm wide. The upper leaves get smaller. The flowers are in heads that form loose clusters at the top of the plant.

HABITAT

It is a temperate plant. In China it grows on open slopes in valleys below 2,000 m above sea level. It grows in dry mountain ranges. In Sichuan.

NOTES

There are about 250 Aster species.

REFERENCES

Chen, B. & Qiu, Z., Consumer's Attitudes towards Edible Wild Plants, Ishikawa Prefecture, Japan. p 22 www.hindawi.com/journals/ijfr/aip/872413.pdf

Chung, T. Y., et al, 1993, Volatile Compounds Isolated from Edible Korean Chamchwi (Aster scaber Thunb.). Journal of Agricultural and Food Chemistry 41: 1693-1697

Encyclopedia of Life. (As Doellingeria scabra)

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 34 (As Aster scaber)

Fl. jap. 316. 1784

GRIN (As Doellingeria scabra)

Heo, B., et al., 2009, Antiproliferative Activity of Korean Wild Vegetables on Different Human Tumor Cell Lines. Plant Foods for Human Nutrition. 64:257-263

Hu, Shiu-ying, 2005, Food Plants of China. The Chinese University Press. p 720

Hui, Y. H., Handbook of Food Science, Technology, and Engineering. Volume 2. Table 98:5 (As Doellingeria scaber)

Hwang, H., et al, 2013, A Study on the Flora of 15 Islands in the Western Sea of Jeollanamdo Province, Korea. Journal of Asia-Pacific Biodiversity Vol. 6, No. 2 281-310

Hwang, HS, et al, 2014, Distribution characteristics of plant in the Ungseokbong Mountain, Gyeongsangnam-do, Korea. Journal of Asia-Pacific Biodiversity. 7(2014) e164-e178

Kays, S. J., and Dias, J. C. S., 1995, Common Names of Commercially Cultivated Vegetables of the World in 15 languages. Economic Botany, Vol. 49, No. 2, pp. 115-152

Kim, H. & Song, M., 2013, Ethnobotanical analysis for traditional knowledge of wild edible plants in North Jeolla Province (Korea). Genetic. Resour. Crop Evol. (2013) 60:1571-1585

Lee, Y., et al, 2013, Antioxidant Activity and Anti-Adipogenic Effects of Wild Herbs Mainly Cultivated in Korea. Molecules 2013, 18, 12937-12950

Nesom, G. L. 1994. Review of the taxonomy of Aster sensu lato (Asteraceae: Astereae), emphasizing the New World species. Phytologia 77:253.

Pemberton, R. W. & Lee, N. S., 1996, Wild Food Plants in South Korea: Market Presence, New Crops, and Exports to the United States. Economic Botany, Vol. 50, No. 1, pp. 57-70

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Song, M., et al, 2013, Traditional knowledge of wild edible plants in Jeju Island, Korea. Indian Journal of Traditional Knowledge. 12(2) pp 177-194

USDA, ARS, National Genetic Resources Program. Germplasm Resources Information Network - (GRIN). [Online Database] National Germplasm Resources Laboratory, Beltsville, Maryland. Available: www.ars-grin.gov/cgi-bin/npgs/html/econ.pl (10 April 2000)

Wiersema, J. H. & Leon, B., 2013, World Economic Plants. A Standard Reference CRC Press. 2nd Ed. p 76

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/eb59ce4c-7df0-4dfd-8b57-e7f3028e44b3