PLANT FACT SHEET

Gynura nepalensis DC.

GENUS *Gynura* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Twigs, Flowers

Young twigs and flowers are eaten raw as a vegetable.
It is also used for making salt.

DESCRIPTION

A herb. It keeps growing from year to year. It is robust and 30-45 cm tall. It is woody at the base. The leaves are on the upper part of the stem. They are narrowly oval and 3-20 cm long by 1-6 cm wide. There are several heads of flowers that are 1 cm across. They are in loose groups at the top of the plant.

HABITAT

It is a subtropical plant. It grows on rocks and the edges of fields by streams between 1,100-2,100 m above sea level in southern China. In Yunnan.

NOTES

There are about 100 Gynura species. They are mostly in the tropics.

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