PLANT FACT SHEET

Launaea aspleniifolia (Willd.) Hook. f.

GENUS *Launaea* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The tender shoots and leaves are cooked as a vegetable.

DESCRIPTION

A herb which keeps growing from year to year. It grows to 40 cm high. The leaves near the base are deeply lobed like fingers on a hand. The flower heads are yellow. The fruit is a dry fruit with angles and ribs along it.

HABITAT

It is a temperate plant. In Nepal it grows up to 1500 m altitude. It grows in open places.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There are 55 Launaea species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ef01a421-8a0e-4dad-a2e9-7af58b2a72de