PLANT FACT SHEET

Blumea lanceolaria (Roxb.) Druce

GENUS *Blumea* **FAMILY** Asteraceae

COMMON NAMES Lanceleaf blumea

EDIBLE PARTS AND USES

Edible parts: Leaves, Spice, Roots

The leaves are used to flavour fish. They are boiled and eaten.

DESCRIPTION

A tall herb. It takes 2 years to complete its life cycle. It can keep growing from year to year. It can be 3 m or more tall. The stems are woody at the base and have lines along them. The leaves are narrowly oblong and 20-30 cm long by 4-8 cm wide.

HABITAT

A tropical plant. It grows in the central mountains in Malaysia. In southern China it grows in forests, on grassy slopes and along rivers between 400-1,500 m above sea level. In Yunnan.

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