PLANT FACT SHEET

Meconopsis paniculata (D. Don) Prain

GENUS *Meconopsis* **FAMILY** Papaveraceae

EDIBLE PARTS AND USES

Edible parts: Stalks, Flowers, Leaves, Seeds

The stalks are eaten as a salad.
The flowers, leaves and young stem are cooked and eaten.
The seeds are eaten raw.

DESCRIPTION

A herb. It grows 2.5 m tall in flower. It has a long narrow taproot 18 cm long by 2 cm wide. The stems are erect and covered with long bristly hairs. The leaves at the base are in a ring. They are narrowly oval with lobes along the edge. The flowers are yellow and in long clusters at the top of the plant. The fruit are oblong and have bristly hairs.

HABITAT

It is a temperate plant. It grows on grassy slopes between 3,000-4,400 m above sea level in Tibet. In Northeastern India it grows between 2,800-3,900 m above sea level.

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