PLANT FACT SHEET

Nabalus tatarinowii (Maxim.) Nakai

GENUS *Nabalus* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb. It grows 1-2 m tall. It keeps growing from year to year. It has one erect stem. It branches higher up. The lower leaves have fine hairs. The leaf stalk i 7-17 cm long. The leaves are oval or triangle shaped and 5-15 cm long by 6-15 cm wide. There are teeth along the edge.

HABITAT

It is a temperate plant. It grows on mountain slopes and in moist places in grassland between 500-3,000 m above sea level. In Sichuan and Yunnan.

REFERENCES

Kang, Y., et al, 2014, Wild food plants used by the Tibetans of Gongba Valley (Zouqu country, Gansu, China) Journal of Ethnobiology and Ethnomedicine 10:20 (As Prenanthes tatarinowii)

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/f5664a93-d3dd-4f9d-9872-a36e83d1a291