PLANT FACT SHEET

Taraxacum heterolepis Nakai. & Koidz. ex Kitag.

GENUS *Taraxacum* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Root

The flowers are eaten raw or cooked.
The unopened flower buds are used in fritters.
The flowers are used for tea.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

NOTES

There are 50-60 Taraxacum species.

REFERENCES

Lim, T. K., Edible Medicinal and Non-Medicinal Plants Volume 7 Flowers

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK.
http://www.scs.leeds.ac.uk/pfaf/

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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/f8a95ba3-2a49-4eb9-b7d3-ad77482a4af8