PLANT FACT SHEET

Ligularia jacquemontiana (Decne) M. A. Rau.

GENUS *Ligularia* **FAMILY** Asteraceae

COMMON NAMES West Himalayan lihularia

EDIBLE PARTS AND USES

Edible parts: Stem

The stem is eaten raw.

DESCRIPTION

A shrub. it grows 1.2-1.5 m tall. The stem is grooved and reddish-brown but does not have hairs. The leaves are broadly oval to heart shaped. The leaves at the base are 18-30 cm long by 15-20 cm wide. The flower heads are in long groups. The flowers are yellow.

HABITAT

It is a temperate plant. It grows in the Himalayas between 2,700-4,000 m above sea level.

REFERENCES

Ijaz, S., et al, 2022, Traditional knowledge of wild edible plants used by the people of Lawat, District Neelum, Azad Jammu & Kashmir, Pakistan. Ethnobotany Research and Applications 23:24

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/fa965c79-11f1-4fb8-bdf8-45e61a927560