



PLANT FACT SHEET

Pseudognaphalium affine (D. Don) Anderb.

GENUS *Pseudognaphalium* **FAMILY** Asteraceae

COMMON NAMES Chinese cudweed, Cotton weed

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Spice, Leaves - tea

The young shoots are gathered before flowering and ground and mixed with rice flour then seasoned and used for a pastry. The leaves are also eaten raw or cooked.

The flower is eaten as a famine food.

DESCRIPTION

A herb. It grows 10-15 cm high. The plant takes 2 years to mature. There are small white hairs over the plant. The leaves are white long and narrow. They are 2-6 cm long by 3-10 mm wide. Leaves fall off after the flowers develop. The male and female flowers are in separate clusters. They are yellow. The fruit are oval.

HABITAT

It grows in warm temperate and subtropical places. It grows in open waste areas and along roads. In Yunnan. In Sichuan.

NOTES

There are about 200 *Gnaphalium* species. It is used in medicine. It is rich in carotene.

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