PLANT FACT SHEET

Ranunculus diffusus DC

GENUS *Ranunculus* **FAMILY** Ranunculaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The tender leaves and shoots are dried for about 4 hours, then cooked as a vegetable.
They are also fermented.

DESCRIPTION

A herb which keeps growing from year to year. It grows about 60 cm high. The lower leaves have stalks. They are oval and deeply 3 lobed. The lobes have sharp teeth. The upper leaves have short stalks and are smaller. The flowers have long stalks. The flowers are yellow. The fruit is dry and flat. It has small dots on it.

HABITAT

A tropical and subtropical plant. In Nepal it grows between 1000-3500 m altitude. It is common in open, wet places.

PRODUCTION

Cultivation

Plants are grown from seed.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/0067d42d-333f-4f79-8499-3de190dc8b7d