PLANT FACT SHEET

Berberis insignis Hook.f. & Thomson

GENUS *Berberis* **FAMILY** Berberidaceae

EDIBLE PARTS AND USES

Edible parts: Shoots

The tender shoots are eaten raw.

DESCRIPTION

A shrub.

HABITAT

It is a temperate plant. In Northeastern India it grows between 2,000-2,200 m above sea level.

REFERENCES

Tsering, J., et al, 2017, Ethnobotanical appraisal on wild edible plants used by the Monpa community of Arunchal Pradesh. Indian Journal of Traditional Knowledge. Vol 16(4), October 2017, pp 626-637

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/0204c1ec-bae9-4330-af39-57fd614b421e