PLANT FACT SHEET

Valeriana celtica L.

GENUS *Valeriana* **FAMILY** Caprifoliaceae

EDIBLE PARTS AND USES

Edible parts: Root

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

NOTES

Also put in the family Valerianaceae.

REFERENCES

Christanell, A., et al, 2010, The Cultural Significance of Wild Gathered Plant Species in Kartitsch (Eastern Tyrol, Austria) and the Influence of Socioeconomic Changes on Local Gathering Practices. Chapter 3 in Ethnobotany in the New Europe. Berghahn Books.

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

PROVIDED BY **Food Plants International**

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/0904deca-65e3-4f13-abc5-d8297a170bd1