PLANT FACT SHEET

Ophiorrhiza ochroleuca Hook.f.

GENUS *Ophiorrhiza* **FAMILY** Rubiaceae

EDIBLE PARTS AND USES

Edible parts: Shoots

The shoots are cooked with alkali solution and dried fish and eaten.

DESCRIPTION

A herb. It grows 40-100 cm tall. The stems can be slightly hairy. The leaves are in slightly unequal pairs. They are pale green and oval and 13-15 cm long by 4.5-6 cm wide. The flowering shoots have many flowers in a group. The flowers are yellow.

HABITAT

It is a subtropical plant. In Yunnan it grows in wet forests between 300-2,000 m above sea level.

REFERENCES

Ethnobotany of Karbis. Chapter 4 in p 84

Teron, R. & Borthakur, S. K., 2016, Edible Medicines: An Exploration of Medicinal Plants in Dietary Practices of Karbi Tribal Population of Assam, Northeast India. In Mondal, N. & Sen, J.(Ed.) Nutrition and Health among tribal populations of India. p 155

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/09c86a20-1242-4614-a7d0-8e76501ce95f