PLANT FACT SHEET

Bergenia ciliata (Haworth) Sternberg

GENUS *Bergenia* **FAMILY** Saxifragaceae

COMMON NAMES Rockfoil, Hairy Bergenia, Heartleaf

EDIBLE PARTS AND USES

Edible parts: Flowers, Seeds, Leaves - tea, Roots - tea

The flowers are boiled and pickled.
The seeds are prepared as dal.
The dried leaves are used for tea.
The rhizome is boiled and sugar and milk added as a tea substitute.

DESCRIPTION

A herb with thick rootstocks. It grows 30 cm high and spreads 80 cm wide. The leaves are dark green and rounded. They are 3.5-16.5 cm long by 3-12 cm wide. There are short stiff hairs around the edge. The flowers are pink. They are 5 cm wide on stems 30 cm long.

HABITAT

It is a temperate plant. It grows in Nepal at 1300-3000 m altitude. It grows in moist, rocky places. It is best in a sunny position but will tolerate shade. It is resistant to drought and frost. It suits hardiness zones 7-10.

PRODUCTION

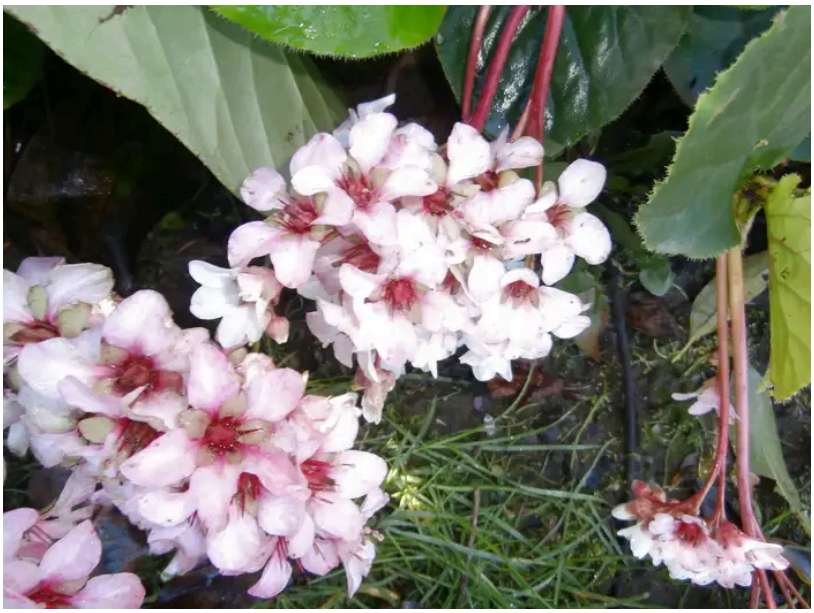
Cultivation

Plants are grown by root offshoots or by rhizomes.

NOTES

There are 6-8 Bergenia species.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Agarwal, R. & Chandra, V., 2019, Diversity of wild edible plants in the Mandal-Chopta forest, Uttarakhand. Journal of Medicinal Plants Studies 2019; 7(1): 89-92

Ambasta S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 72

Aryal, K. P., et al, 2018, Diversity and use of wild and non-cultivated edible plants in the Western Himalaya. Journal of Ethnobiology and Ethnomedicine (2018) 14:10

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 142

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 232

Flora of Pakistan. www.eFloras.org

Gillani, S. W., et al, 2024, The nexus between ecology of foraging and food security: cross-cultural perceptions of wild food plants in Kashmir Himalaya. Journal of Ethnobiology and Ethnomedicine, (2024) 20:77

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 43

Ijaz, S., et al, 2022, Traditional knowledge of wild edible plants used by the people of Lawat, District Neelum, Azad Jammu & Kashmir, Pakistan. Ethnobotany Research and Applications 23:24

Kar, A., et al, 2013, Wild Edible Plant Resources used by the Mizos of Mizoram, India. Kathmandu University Journal of Science, Engineering and Technology. Vol. 9, No. 1, July, 2013, 106-126 (As Berginia)

Khan, M., et al, 2009, Wild Edible Plants of Sewa Catchment Area in Northwest Himalaya. Journal of Plant Development Sciences Vol.1:1-7 p 2

Khan, M. & Hussain, S., 2014, Diversity of wild edible plants and flowering phenology of district Poonch (J & K) in the northwest Himalaya. Indian Journal of Sci, Res. 9(1): 032-038

Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 110

Negi, P. S. & Subramani, S. P., 2015, Wild Edible Plant Genetic Resources for Sustainable Food Security and Livelihood of Kinnaur District, Himachal Pradesh, India, International Journal of Conservation Science. 6 (4): 657-668

Radha, B., et al, 2013, Wild Edible Plant Resources of the Lohba Range of Kedarnath Forest Division (KFD), Garhwal Himalaya, India. Int. Res J. Biological Sci. Vol. 2 (11), 65-73

Revis. Saxifrag. suppl. 2:2. 1831

Sundriyal, M., et al, 2004, Dietary Use of Wild Plant Resources in the Sikkim Himalaya, India. Economic Botany 58(4) pp 626-638

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/0fc303d4-8793-4b8a-819a-726ad45384af