PLANT FACT SHEET

Triosteum himalayanum Wall.

GENUS *Triosteum* **FAMILY** Caprifoliaceae

EDIBLE PARTS AND USES

Edible parts: Fruit

The fruit are eaten fresh or raw.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 40-60 cm tall. The leaves are oval to oblong and 11 cm long by 7 cm wide. The fruit are fleshy and white and turn red as they ripen. They are 10-12 mm across.

HABITAT

It is a temperate plant.

REFERENCES

Guo, C., et al, 2022, An Ethnobotany Survey of Wild Plants Used by the Tibetan People of the Yadong River Valley, Tibet, China. Journal of Ethnobiology and Ethnomedicine p 22

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/1280c428-eb9e-4f2b-8bd4-2fdb6d0cb4e1