PLANT FACT SHEET

Eutrema deltoideum (Hook. f & Thomson) O. E. Schulz

GENUS *Eutrema* **FAMILY** Brassicaceae

EDIBLE PARTS AND USES

Edible parts: Stems, Leaves

The young stems and leaves are cooked and eaten in stir fried dishes.

DESCRIPTION

A herb. It grows 20-75 cm tall. The stems are erect and branched higher up. The leaves at the base are in a ring. They have longer leaf stalks than leaves higher up. The leaves are oblong and 3-6 cm long by 2-5 cm wide.

HABITAT

It grows in Yunnan in China. It growsin rock crevices and on steep slopes between 3.600-4,700 m above sea level.

PRODUCTION

Harvesting and Seed Production

In Yunnan the leaves are harvested in May and June.

REFERENCES

Flora of China @ efloras.org Volume 8

Ju, Y., et al, 2013, Eating from the wild: diversity of wild edible plants used by Tibetans in Shangri-la region, Yunnan, China, Journal of Ethnobiology and Ethno medicine 9:28

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/1322856f-025c-404e-a18c-df78948215c2