PLANT FACT SHEET

Quercus baloot Griff.

GENUS *Quercus* **FAMILY** Fagaceae

COMMON NAMES Holm oak, Holly oak

EDIBLE PARTS AND USES

Edible parts: Nut, Acorn

The corn or nut is eaten raw.

DESCRIPTION

A shrub or small tree. It grows 2.5-8 m tall. The leaves are 2.5-7.5 cm long by 2.5-8 cm wide. The acorn cup is 1.2-1.3 cm across and the acorn it 1.5-1.7 cm long.

HABITAT

It is a subtropical plant. It grows between 1,000-3,000 m above sea level in the Himalayas.

REFERENCES

Khalid, N., et al, 2023, Wild food plants gathered by four cultural groups in North Waziristan, Pakistan. Genet Resour Crop Evol. 70:1243–1276

Khan, A. H., et al, 2023, Traditional foraging for ecological transition? Wild food ethnobotany among three ethnic groups in the highlands of the eastern Hindukush, North Pakistan. Journal of Ethnobiology and Ethnomedicine 19:9

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/16e47136-b4b0-4fe8-92a2-f6563b513d50