PLANT FACT SHEET

Cicer microphyllum Benth.

GENUS *Cicer* **FAMILY** Fabaceae

COMMON NAMES Wild gram

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Fruit

The leaves are used cooked and also used in pickles.
The unripe seeds are eaten as a snack.
The seeds are roasted and eaten.

DESCRIPTION

A herb. The stems are branched and hairy. The leaves are compound and 4-12 cm long. They end with a tendril or sometimes a leaflet. There are 8-22 leaflets and they are 5-15 mm long by 3-8 mm wide. The flowers usually occur singly. The fruit is a pod 2-3 cm long and 1 cm wide. It has a beak. There are many seeds.

HABITAT

It is a temperate plant. It grows in cold arid places. In the Indian Himalayas it grows between 3,300-4,000 m above sea level.

REFERENCES

Angmo, D., et al, 2022, Ethnobotanical Survey of Wild Edible Plants of Leh District, Ladakh. Defence Life Science Journal, Vol. 7, No. 4, October 2022, pp. 257-266

Ballabh, B., et al, 2007, Raw edible plants of cold desert Ladakh. Indian Journal of Traditional Knowledge. 6(1) pp 182-184

Ding, X., et al, 2022, Wild Plants Used by Tibetans in Burang Town, Characterized by Alpine Desert Meadow, in Southwestern Tibet, China. Agronomy 2022, 12, 704.

Dobriyal, M. J. R. & Dobriyal, R., 2014, Non Wood Forest Produce an Option for Ethnic Food and Nutritional Security in India. Int. J. of Usuf. Mngt. 15(1):17-37

Flora of Pakistan. www.eFloras.org

Guo, C., et al, 2022, An Ethnobotany Survey of Wild Plants Used by the Tibetan People in Gyirong Valley, Tibet, China. Journal of Ethnobiology and Ethnomedicine 18:67 p 5

Jha, P. K., et al, 1996, Plant genetic resources of Nepal: A guide for plant breeders of agricultural, horticultural and forestry crops. Euphytica 87:189-210

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

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

J. F. Royle, Ill. bot. Himal. Mts. 1(6):200. 1835

Rana, J.C. et al, 2011, Genetic resources of wild edible plants and their uses among tribal communities of cold arid regions of India. Genetic Resources and Crop Evolution. 59:135-149

Sharma, L. et al, 2018, Diversity, distribution pattern, endemism and indigenous uses of wild edible plants in Cold Desert Biosphere Reserve of Indian Trans Himalaya. Indian Journal of Traditional Knowledge. Vol 17(1) January 2018 pp 122-131

Zeven, A. C. & de West, J. M. J., 1982, Dictionary of cultivated plants and their regions of diversity. Wageningen. p 83

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/188f078a-4ff7-4d32-b15b-2f80ec699fac