PLANT FACT SHEET

Hemiphragma heterophyllum Wall.

GENUS *Hemiphragma* **FAMILY** Plantaginaceae

COMMON NAMES Lahare phul

EDIBLE PARTS AND USES

Edible parts: Fruit

Ripe fruit are eaten raw.

DESCRIPTION

A herb which lies along the ground. It forms roots at the nodes. The leaves are of two forms. Those on the main stem have short stalks and are opposite and oval with a blunt tip. They have shallow round teeth. The leaves on the small branches are needle shaped and arise as a bunch from one point. The flowers are pink. The fruit is a berry. It turns bright red when ripe.

HABITAT

A tropical plant. It grows on alpine meadows and rock crevices. In Nepal it grows between 1800-4000 m altitude. It grows on dry slopes. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants can be grown from seeds or cuttings.

NOTES

Also put in the family Scrophulariaceae.

REFERENCES

Ding, X., 2021, Collection calendar: the diversity and local knowledge of wild edible plants used by Chenthang Sherpa people to treat seasonal food shortages in Tibet, China. Journal of Ethnobiology and Ethnomedicine 17:40

Ghosh, C. & Das A. P., 2011, Some useful and poisonous tea garden weeds from the Darjiling District of West Bengal, India. Pleione 5(1): 91 - 114

Khakurel, D., et al, 2021, Foods from the wild: Local knowledge, use pattern and distribution in Western Nepal. PLOS ONE.

Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 258

Savita, et al, 2006, Studies on wild edible plants of ethnic people in east Sikkim. Asian J. of Bio Sci. (2006) Vol. 1 No. 2 : 117-125

Trans. Linn. Soc. London 13(2):612. 1822

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/18d0f1da-c9a2-4633-830a-43110a05f98c