PLANT FACT SHEET

Arnebia benthamii (Wall. ex G. Don) I. M. Johnst

GENUS *Arnebia* **FAMILY** Boraginaceae

COMMON NAMES Himalayan arnebia

EDIBLE PARTS AND USES

Edible parts: Root - flavour, Root - tea

The roots are used to give a red colour and flavour to foods. It is also a medicine.
The roots are also boiled for tea drinks.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 60-90 cm tall. It is hairy. The leaves are narrow and sword like. The flowers are purple in spikes. There are longer grey hairy bracts.

HABITAT

It is a temperate plant. It grows in cold arid places. In the Himalayas it grows between 3,000-4,300 m above sea level. It needs to be in a sunny position in well-drained soil. It suits hardiness zones 6-9.

PRODUCTION

Cultivation

Plants are grown from seeds.

NOTES

It is used in medicine. It is an over harvested and at risk plant.

REFERENCES

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