PLANT FACT SHEET

Valeriana pilosa Ruiz & Pav.

GENUS *Valeriana* **FAMILY** Caprifoliaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb.

HABITAT

It is a tropical plant.

NOTES

Also put in the family Valerianaceae.
The essential oil in the root is used as a medicine.

REFERENCES

Torre, de la, L., et al, 2008, Enciclopedia de las Plantas Útiles del Ecuador. Herbario QCA. Pontificia Universidad Católica del Ecuador. p 614 (As Valeriana plantaginea)

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/1ef2e031-4015-420a-8cf0-c9cbed4c7b64