PLANT FACT SHEET

Trichodesma calycosum Coll. & Hemsl.

GENUS *Trichodesma* **FAMILY** Boraginaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Flower

The leaves are cooked or fried with egg and meat.
The flower is used as a potherb.

DESCRIPTION

A herb or small shrub. It grows 1-3 m tall. The branches are 4 sided. The leaves are opposite and broadly oval. They are 1-3 cm long by 4-8 cm wide. The flowers are at the top of the plant. They are white or pink. The nutlets are broadly oval and 5 mm long by 4 mm wide.

HABITAT

It is a tropical plant. It grows on hillsides and in thickets and forests between 500-2,200 m above sea level. It grows in Yunnan in China.

REFERENCES

Cao, Y., et al, 2020, Ethnobotanical study on wild edible plants used by three trans-boundary ethnic groups in Jiangcheng County, Pu'er, Southwest China. Journal of Ethnobiology and Ethnomedicine (2020) 16:66

Ghorbani, A., et al, 2012, A comparison of the wild food plant use knowledge of ethnic minorities in Naban River Watershed Nature Reserve, Yunnan, SW China. Journal of Ethnobiology and Ethnomedicine; 8:17

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/2d66ead6-ad60-4a43-8ff4-7b9c526f510c