PLANT FACT SHEET

Hedysarum cachemirianum Baker

GENUS *Hedysarum* **FAMILY** Fabaceae

EDIBLE PARTS AND USES

Edible parts: Fruit

The ripe fruit are eaten and pickled.

DESCRIPTION

A herb in the pea family.

HABITAT

It is a temperate plant. In the Indian Himalayas it grows between 3,000-3,900 m above sea level.

REFERENCES

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/2fab5df6-4266-4c67-aa7c-af216e844334