PLANT FACT SHEET

Trillium govanianum Wall. ex D. Don

GENUS *Trillium* **FAMILY** Melanthiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves and stems are cooked.

DESCRIPTION

A herb. It has a creeping rhizome or underground stem. It grows 12-20 cm tall. It has 3 leaves in a ring at the top of the stem. The leaves are broadly oval and have a larger stalk. They leaves are 4-6 cm long by 2.2-4 cm wide. The flowers are 2-2.5 cm wide.

HABITAT

It is a temperate plant. In the Himalayas it grows between 2,500-4,000 m above sea level.

NOTES

Medicine, It has steroidal hormones. It is an at risk species due to over harvesting.

REFERENCES

Ijaz, S., et al, 2022, Traditional knowledge of wild edible plants used by the people of Lawat, District Neelum, Azad Jammu & Kashmir, Pakistan. Ethnobotany Research and Applications 23:24

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/3280c05d-4076-478e-8121-db223e225f73