PLANT FACT SHEET

Primula involucrata Wall. ex Duby

GENUS *Primula* **FAMILY** Primulaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The fresh leaves are cooked and eaten as a vegetable.

DESCRIPTION

A herb. It keeps growing from year to year. The leaves form a ring. The leaves are oval and 1-4 cm long by 5-22 cm wide. The base is wedge shaped or heart shaped. There are 2-6 flowers in a group. They are white, pink or purple.

HABITAT

It is a temperate plant. It grows in wet meadows between 3,000-4,500 m above sea level in SW China.

REFERENCES

Bhattarai, S and Chaudary, R. P., 2009, Wild Edible Plants Used by the People of Manang District, Central Nepal. Ecology of Food and Nutrition, 48:1-20

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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/329fe2b4-043a-44c9-be00-b7dfb370e71e