PLANT FACT SHEET

Ribes himalense Royle ex Decne.

GENUS *Ribes* **FAMILY** Grossulariaceae

COMMON NAMES Khamar, Paunro

EDIBLE PARTS AND USES

Edible parts: Fruit

The ripe fruit are eaten. They are used for jams and cakes.

DESCRIPTION

An erect shrub. The leaves have stalks. They have 3-5 lobes. They are 3-7.5 cm long and with teeth. They are heart shaped and the tip is pointed. The flowers are greenish-yellow. The fruit is a berry. It is red. It is edible.

HABITAT

It is a subtropical plant. In Nepal they grow between 2700-3900 m altitude. They grow in drier places in shrubby areas of forest. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There are about 150 Ribes species.

REFERENCES

Afzal, S., et al, 2009, Ethno-botanical Studies from Northern Pakistan. J. Ayub Med Coll Abbottabad 21(1)

Dobriyal, M. J. R. & Dobriyal, R., 2014, Non Wood Forest Produce an Option for Ethnic Food and Nutritional Security in India. Int. J. of Usuf. Mngt. 15(1):17-37

Flora of China @ efloras.org Volume 8

Flora of Pakistan. www.eFloras.org

V. Jacquemont, Voy. Inde 4(Bot.):66, t. 77. 1835-1844 (J. F. Royle, Ill. bot. Himal. Mts. 1(7):225. 1835, nom. nud.)

Khan, D. & Shaukat, S.S., 2006, The Fruits of Pakistan: Diversity, Distribution, Trends of Production and Use. Int. J. Biol. Biotech., 3(3):463-499

Li, F., et al, 2015, Ethnobotanical study on wild plants used by Lhoba people in Milin County, Tibet. Journal of Ethnobiology and Ethnomedicine, 11:23

Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 399

Negi, P. S. & Subramani, S. P., 2015, Wild Edible Plant Genetic Resources for Sustainable Food Security and Livelihood of Kinnaur District, Himachal Pradesh, India, International Journal of Conservation Science. 6 (4): 657-668

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Polunin, O., & Stainton, A., 2006, Flowers of the Himalaya, Oxford India Paperbacks. p 139

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

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/3cc05d9e-9c79-49f7-9127-c98cf695290b