PLANT FACT SHEET

Mitracarpus hirtus (L.) DC.

GENUS *Mitracarpus* **FAMILY** Rubiaceae

EDIBLE PARTS AND USES

Edible parts: Roots, Leaves

The young leaves are boiled and eaten as a vegetable.
The roots are cooked and eaten.

DESCRIPTION

An erect herb. It grows 10-40 cm tall. The stems has few branches. The leaves are narrowly oval and 1-6 cm long by 0.5-2 cm wide. There are flowering groups in the axils of the leaves.

HABITAT

It is a tropical plant. It grows from sea level to 1,500 m above sea level.

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Murtem, G. & Chaudhrey, P., 2016, An ethnobotanical note on wild edible plants of Upper Eastern Himalaya, India. Brazilian Journal of Biological Sciences, 2016, v. 3, no. 5, p. 63-81 (As Mitracarpus verticillatus)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/3ec985e7-e041-4f07-a53b-c3edd11be42b