PLANT FACT SHEET

Beta vulgaris var. bengalensis Hort.

GENUS *Beta* **FAMILY** Amaranthaceae

COMMON NAMES Indian spinach

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb.

Probably now just Beta vulgaris.

HABITAT

It is a subtropical plant.

REFERENCES

Rahman, H. & Karuppaiyan, R., Agrobiodiversity of Sikkim.

PROVIDED BY **Food Plants International**

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/403bfb56-6839-43ad-84a2-c1fe82e94b01