PLANT FACT SHEET

Valeriana amurensis P. A. Smirn. ex Kom.

GENUS *Valeriana* **FAMILY** Caprifoliaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb. It grows 80-150 cm tall. It has single stems. The leaves on the stems are in 5-11 pairs. The leaves are 9-12 cm long by 4-10 cm wide. They are divided into 7-10 segments. There are coarse teeth along the edge.

HABITAT

It is a temperate plant. It grows in meadows.

NOTES

There are 250 Valeriana species. Many are in the Northern hemisphere. About 185 species occur in tropical America.
Also put in the family Valerianaceae.

REFERENCES

BARANOV,

Izv. Bot. Sada Akad. Nauk S.S.S.R. 30:214. 1932

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

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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/40d78647-4204-4981-b2fb-cabfce30e38d