PLANT FACT SHEET

Valeriana nivalis Wedd.

GENUS *Valeriana* **FAMILY** Caprifoliaceae

EDIBLE PARTS AND USES

Edible parts: Roots

DESCRIPTION

A herb. It keeps growing from year to year. It has a thick fleshy creeping rhizome. It forms clumps. The leaves are oblong to sword shaped and they have small teeth. They are 2-3 cm long by 5-13 mm wide. The flowering stems are erect. They are 5-15 cm tall. The flowers are white to reddish.

HABITAT

It is a temperate plant. In the Andes it grows between 3,500-5,000 m above sea level.

REFERENCES

Leon-Lobos, P., et al, 2022, Patterns of Traditional and Modern Uses of Wild Edible Native Plants of Chile: Challenges and Future Perspectives. Plants (Basel) v 11 (6) Table S1

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/43c0ce30-0aa4-4b2d-ba99-af74668842b8