PLANT FACT SHEET

Helwingia chinensis Batalin

GENUS *Helwingia* **FAMILY** Helwingiaceae

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves

The young leaves are fried.

DESCRIPTION

A shrub which can lose its leaves. It grows about 3 m tall. The leaves are large and rich green. Male and female flowers are on separate plants. The leaves are alternate and have teeth. The flowers appear on the leaves. The fruit is fleshy.

HABITAT

It is a temperate plant. It can grow in shade. In China it grows between 1,300-2,300 m above sea level. In Sichuan and Yunnan.

NOTES

There are 3-5 Helwingia species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/4aa1cc0a-1988-4af9-b99a-d521e8b8b1dd