PLANT FACT SHEET

Valeriana edulis subsp. procera (Kunth) F. G. Mey

GENUS *Valeriana* **FAMILY** Caprifoliaceae

COMMON NAMES Mexican valerian

EDIBLE PARTS AND USES

Edible parts: Root

The root is cooked for a long time to remove the unpleasant flavour and then eaten.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 898

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/4b34af6e-c2d4-4598-b60a-139d9b5724c6