PLANT FACT SHEET

Bupleurum candollei Wall. ex DC.

GENUS *Bupleurum* **FAMILY** Apiaceae

COMMON NAMES Himalayan thorowax

EDIBLE PARTS AND USES

Edible parts: Roots, Seeds

The root and seeds are eaten raw. They are sweet.
The seeds are used for flavouring.

DESCRIPTION

An erect herb. It keeps growing from year to year. It grows 40-100 cm tall. The taproot is stout and becomes woody. The stem is erect and branched above. The lower leaves are narrow and 12-15 cm long by 1 cm wide. The upper leaves are wider and have a wedge shaped base. The flowers are yellow. The fruit are oval and they have ridges along them. They are 5 mm long.

HABITAT

It is a temperate plant. It grows between 2500-4000 m altitude in Uttar Pradesh in India. In China SW China it grows on shady slopes between 1,800-3,200 m above sea level.

NOTES

There are about 100 Bupleurum species.

REFERENCES

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