PLANT FACT SHEET

Polygala arillata Buch.-Ham. ex D. Don

GENUS *Polygala* **FAMILY** Polygalaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - fermentation, Roots - drink

The leaves are used as a fermentation starter for alcohol production.
The roots are used for fermentation of beer.

DESCRIPTION

A shrub. It grows 1-5 m tall. The branches are hairy. The leaf stalk is 1 cm long. The leaves are narrowly oval and 7-14 cm long by 2-3 cm wide. The flower petals are yellow.

HABITAT

It is a temperate plant. In Northeastern India it grows at 2,000 m above sea level. In China between 1,000-2,800 m above sea level.

REFERENCES

Savita, et al, 2006, Studies on wild edible plants of ethnic people in east Sikkim. Asian J. of Bio Sci. (2006) Vol. 1 No. 2 : 117-125

Tsering, J., et al, 2017, Ethnobotanical appraisal on wild edible plants used by the Monpa community of Arunchal Pradesh. Indian Journal of Traditional Knowledge. Vol 16(4), October 2017, pp 626-637

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/56455fa5-cbf2-4e7f-85a1-44dcb2ad8db9