PLANT FACT SHEET

Meconopsis horridula Hook.f. & Thoms.

GENUS *Meconopsis* **FAMILY** Papaveraceae

COMMON NAMES Prickly blue poppy

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are eaten raw or roasted.

DESCRIPTION

A prickly herb. It has a long slender taproot. The leaves are mostly at the base and in a ring. They are narrowly oblong, and have bristly spines. The leaf stalks are 2-4 cm long. The flowers are light blue. They are in spike-like clusters on the leafless stems. The fruit capsules are oval to round and have bristle spines. They have 5-6 valves.

HABITAT

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

REFERENCES

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