PLANT FACT SHEET

Arisaema griffithii Schott

GENUS *Arisaema* **FAMILY** Araceae

EDIBLE PARTS AND USES

Edible parts: Leaves, shoots

The leaves are sun dried and used as a winter vegetable. The dried leaves are also fermented.
The flowering shoots are used to prepare a fermented vegetable.

DESCRIPTION

A small herb. There are usually 2 leaves. The leaves have 3 leaflets. These have short stalks and are oval. They are green and can have purple spots.

HABITAT

It is a temperate plant. In the Himalayas it grows between 2,400-3,500 m above sea level.

REFERENCES

Ghimire, S. K., et al, 2008, Non-Timber Forest Products of Nepal Himalaya. WWF Nepal p 23

Uprety, Y., et al, 2016, Traditional use and management of NTFPs in Kangchenjunga Landscape: implications for conservation and livelihoods. Journal of Ethnobiology and Ethnomedicine (2016) 12:19

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/65af7587-f079-45e9-8013-de4d2f39e401