PLANT FACT SHEET

Sycopsis griffithiana Oliv.

GENUS *Sycopsis* **FAMILY** Hamamelidaceae

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are boiled and used as a vegetable.

DESCRIPTION

A shrub or tree. The flower spikes are hairy. There have dense brown bracts around the flowers.

HABITAT

It is a subtropical plant.

REFERENCES

Kar, A., et al, 2013, Wild Edible Plant Resources used by the Mizos of Mizoram, India. Kathmandu University Journal of Science, Engineering and Technology. Vol. 9, No. 1, July, 2013, 106-126

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/664956a5-ccf3-45fb-bb97-47e8694491a8