PLANT FACT SHEET

Bergenia pacumbis (Buch.-Ham. ex D.Don) C.Y.Wu & J.T.Pan

GENUS *Bergenia* **FAMILY** Saxifragaceae

EDIBLE PARTS AND USES

Edible parts: Flowers, Roots

The flower spikes are eaten raw.
The roots are chewed to quench thirst.

DESCRIPTION

A herb which keeps growing from year to year. It has thick rootstocks. The flowers are pink or purple.

HABITAT

It is a temperate plant.

NOTES

There are 6-8 Bergenia species.

REFERENCES

Negi, K.S., 1988, Some little known wild edible plants of U.P. Hills. J. Econ. Tax. Bot. Vol. 12 No. 2 pp 345-360 (As Bergenia ligulata)

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6873be49-80c1-4710-89f9-e2e319f42e73