PLANT FACT SHEET

Begonia roxburghii (Miq.) A. DC.

GENUS *Begonia* **FAMILY** Begoniaceae

COMMON NAMES East Himalayan begonia

EDIBLE PARTS AND USES

Edible parts: Leaves, Stem, Rhizome

The leaves are cooked and eaten as a vegetable. They are used in chutney.
The stalks are peeled and eaten raw. They are used in salads.

DESCRIPTION

A herb. It grows 80 cm tall. There are long red dots on the stems and branches. The leaves are oval and unequal at the base. The flowers are white with a pinkish tinge. The stamen are yellow. The fruit is almost square and has 4 lobes. It is covered with red dots.

HABITAT

It is a subtropical plant. In north India and Nepal it grows up to 1,200 m above sea level.

NOTES

There are 900-1,000-1,500 Begonia species.

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Wild edible plants of Himachal Pradesh

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