PLANT FACT SHEET

Valeriana dioscoridis Sm.

GENUS *Valeriana* **FAMILY** Caprifoliaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten in salad.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

Ertug, F, Yenen Bitkiler. Resimli Türkiye Florası -I- Flora of Turkey - Ethnobotany supplement

Kayabasi, N. P., et al, 2018, Wild edible plants and their traditional use in the human nutrition in Manyas (Turkey). Indian Journal of Traditional Knowledge. Vol. 17(2), April 2018, pp 299-306

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6bc8b821-7c6b-48fe-bfb9-14d4e851e7f5