PLANT FACT SHEET

Helwingia himalaica Hook. & Thomson ex C. B. Clarke

GENUS *Helwingia* **FAMILY** Helwingiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A shrub which loses its leaves. It grows 2-3 m tall. The leaves are light green underneath. They are oblong and 5-11 cm long by 3-4 cm wide. Male and female flowers are on separate plants. The leaves are alternate and have teeth. The flowers appear on the leaves. The fruit is fleshy.

HABITAT

It is a subtropical plant. In southern China it grows between 1,700-3,000 m above sea level.

REFERENCES

J. D. Hooker, Fl. Brit. India 2:726. 1879

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK.
http://www.scs.leeds.ac.uk/pfaf/

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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/6f33e2ad-3889-4c45-999e-8700416461e5