PLANT FACT SHEET

Helixanthera ligustrina (Wall.) Danser

GENUS *Helixanthera* **FAMILY** Loranthaceae

COMMON NAMES Ainjeru

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves - tea

The ripe fruit are eaten.

DESCRIPTION

A woody plant which grows attached to other plants. The leaves have stalks. Leaves are 2-8 cm long by 0.8-3 cm wide. They are sword shaped and taper. They do not have hairs. The flowers are orange. They occur as a few flowers on equal length stalks along a main branch.

HABITAT

A tropical plant. In Nepal they grow between 1000-2000 m altitude.

PRODUCTION

Cultivation

Plants are grown by seed.

NOTES

There are about 50 Helixanthera species. They are tropical and subtropical.

REFERENCES

Kunwar, R. M., et al, Indigenous use of mistletoes in tropical and temperate region of Nepal. Banko Janakari, Vol. 15, No. 2.

Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 258

Radha, B., et al, 2013, Wild Edible Plant Resources of the Lohba Range of Kedarnath Forest Division (KFD), Garhwal Himalaya, India. Int. Res J. Biological Sci. Vol. 2 (11), 65-73

Savita, et al, 2006, Studies on wild edible plants of ethnic people in east Sikkim. Asian J. of Bio Sci. (2006) Vol. 1 No. 2 : 117-125

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/7313f8cd-e043-49a6-859d-a123e35c4636