PLANT FACT SHEET

Begonia dioica Buch.-Ham. ex D. Don

GENUS *Begonia* **FAMILY** Begoniaceae

EDIBLE PARTS AND USES

Edible parts: Stems, Leaves

The stems and leaves are eaten raw and also used to make pickles.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

Khakurel, D., et al, 2021, Foods from the wild: Local knowledge, use pattern and distribution in Western Nepal. PLOS ONE.

PROVIDED BY **Food Plants International**

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/795d488e-8ed3-41ef-88fe-77f85ecaa1a9