PLANT FACT SHEET

Microula sikkimensis (C. B. Clarke) Hemsl.

GENUS *Microula* **FAMILY** Boraginaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are cooked as a vegetable.

DESCRIPTION

A herb. It grows 6-65 cm tall. The leaves are 4-12 cm long by 1-4 cm wide. The base is rounded. The flowering stalks are at the top

HABITAT

It is a temperate plant.

REFERENCES

Guo, C., et al, 2022, An Ethnobotany Survey of Wild Plants Used by the Tibetan People of the Yadong River Valley, Tibet, China. Journal of Ethnobiology and Ethnomedicine

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/79d217d7-7aca-4dbe-a7ff-8dc1d85f6531