PLANT FACT SHEET

Polygonatum punctatum Royle ex Kunth

GENUS *Polygonatum* **FAMILY** Asparagaceae

EDIBLE PARTS AND USES

Edible parts: Shoots, Leaves

The young leaves or shoots are used as a vegetable.

DESCRIPTION

A herb. It has a rhizome 1-1.5 cm thick with dense fleshy roots. The stems arch over. The leaves are alternate. The leaves are oval to sword shaped and 6-14 cm long by 1.5-5 cm wide.

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.

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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/7b02e8af-75c3-48fe-ba66-91af5e12e24d