PLANT FACT SHEET

Epilobium royleanum Hausskn.

GENUS *Epilobium* **FAMILY** Onagraceae

COMMON NAMES Aatraasu

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked as a vegetable. They are also added to tea.

DESCRIPTION

An erect herb. It has soft hairs. The stems are 10-60 cm tall. The leaves are narrowly oval and 2-6 cm long by 1-3 cm wide. There are teeth along the edge. The flowers are pink. They occur as many stalks in the axils of leaves.

HABITAT

It is a temperate plant. It grows in moist weedy places in valleys and along streams. In China it grows between 1,400-3,300 m above sea level. In Sichuan and Yunnan.

NOTES

There are about 165 Epilobium species. They are mostly temperate.

REFERENCES

Flora of Pakistan. www.eFloras.org

Negi, K.S., 1988, Some little known wild edible plants of U.P. Hills. J. Econ. Tax. Bot. Vol. 12 No. 2 pp 345-360

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