PLANT FACT SHEET

Valeriana jatamansi Jones

GENUS *Valeriana* **FAMILY** Caprifoliaceae

COMMON NAMES Indian valerian

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Root

The young leaves are cooked as a vegetable. They are used in stews and for a thick soup.
The flowers are used as a potherb. The root is also stewed.

DESCRIPTION

A herb. It grows 20-70 cm tall. It has short rhizomes. There can be one or several stems. The leaves at the base are in a ring. They are oval to heart shaped and 2-14 cm long by 3-10 cm wide. The edges are irregular and can have teeth. The flowers are pinkish or white.

HABITAT

It is a tropical and subtropical plant. It grows in grassy slopes and beside streams below 2,500 m above sea level. In Nepal it grows between 1,200-3,600 m above sea level. In Sichuan and Yunnan.

NOTES

Also put in the family Valerianaceae. It has anti-diabetic properties.

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