PLANT FACT SHEET

Cephalotaxus fortunei var. alpina H. L. Li

GENUS *Cephalotaxus* **FAMILY** Taxaceae

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are eaten fresh or cooked in stir fries.

DESCRIPTION

A tree. The leaves are 2-3 mm wide. The pollen cones do not have stalks.

HABITAT

It grows in Yunnan in China. It grows by streams between 1,800-3,700 m above sea level.

PRODUCTION

Harvesting and Seed Production

In Yunnan fruit are harvested in September and October.

NOTES

Also put in the family Cephalotaxaceae.

REFERENCES

Ju, Y., et al, 2013, Eating from the wild: diversity of wild edible plants used by Tibetans in Shangri-la region, Yunnan, China, Journal of Ethnobiology and Ethno medicine 9:28

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/88bcd178-c6d0-4ec3-822f-1642ed60b59f