PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Gentiana kurroo Royle

GENUS *Gentiana* **FAMILY** Gentianaceae

COMMON NAMES Indian gentian, Himalayan gentian

EDIBLE PARTS AND USES

Edible parts: Rhizome - flavouring, Root, Flowers

The flowers are cooked as a vegetable.

The root is probably medicine.

DESCRIPTION

A herb. The leaves at the base are sword shaped and 10-12 cm long. There are several stems and the leaves on the stems are in 2-3 pairs. The stems are 5-30 cm long. The flowers are deep blue and paler in the throat. There are usually 2 or 3 flowers on each stem. They are funnel shaped and 5 cm across.

HABITAT

It is a subtropical plant. It grows in the Himalayas between 1,800-2,700 m above sea level. In Northeastern India it grows between 3,800-3,900 m above sea level. It suits hardiness zone 6-9.

PRODUCTION

Cultivation

Plants can be grown from seed.

NOTES

The root is used in medicine.
It is an endangered species.

REFERENCES

Seidemann J., 2005, World Spice Plants. Economic Usage, Botany, Taxonomy. Springer. p 163

Tsering, J., et al, 2017, Ethnobotanical appraisal on wild edible plants used by the Monpa community of Arunchal Pradesh. Indian Journal of Traditional Knowledge. Vol 16(4), October 2017, pp 626-637

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/897e8edb-4f50-4ab7-9087-c7f3f7e2b261