PLANT FACT SHEET

Valeriana coarctata Ruiz & Pav

GENUS *Valeriana* **FAMILY** Caprifoliaceae

EDIBLE PARTS AND USES

Edible parts: Root

DESCRIPTION

A herb.

HABITAT

It is a tropical plant. It grows in mountain regions. It has been recorded at 3,800 m above sea level.

REFERENCES

Alva-Alvarado, I. M., et al, 2023, Wild plants for food in the Andes. Research Square. p 29

PROVIDED BY **Food Plants International**

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/8b3ccbd9-9bcd-400b-80d9-9e8decb9cac3