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.

Delphinium brunonianum Royle

GENUS *Delphinium* **FAMILY** Ranunculaceae

COMMON NAMES Musk larkspur

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers

The leaves and flowers are mixed with wheat flour and water to prepare ferments.
Caution:

DESCRIPTION

A herb. It grows 10-25 cm tall. It has a musky smell. The leaves have lobes arranged like fingers on a hand. The leaves are alternate. The flowers are cup shaped and blue to purple. They occur in groups of 5-10.

HABITAT

It is a subtropical plant. It grows in stony mountain slopes between 4,300-5,500 m above sea level. It suits hardiness zone 4.

REFERENCES

Boesi, A., 2014, Traditional knowledge of wild food plants in a few Tibetan communities. Journal of Ethnobiology and Ethnomedicine 10:75

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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/8be729f7-d8cb-4a07-a233-d7da92d510a6