PLANT FACT SHEET

Valeriana hardwickii Wall.

GENUS *Valeriana* **FAMILY** Caprifoliaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The tender leaves are sometimes cooked to make a thick soup that is eaten with porridge.

DESCRIPTION

A herb. It grows 1.5 m tall. The stems are erect and often have hairs on the lower section. The leaves at the base have long stalks. The leaves are simple or can have 3-5 lobes.

HABITAT

It is a temperate plant. It grows between 900-4,300 m above sea level.

REFERENCES

Ghimire, S. K., et al, 2008, Non-Timber Forest Products of Nepal Himalaya. WWF Nepal p 157

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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/8dc00cf9-20ed-4847-ae2d-94f64eb5e90c