PLANT FACT SHEET

Lepyrodiclis holosteoides (C. A. Mey.) Fenzl. ex Fisch. & C. A.Mey.

GENUS *Lepyrodiclis* **FAMILY** Caryophyllaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked and eaten as a vegetable. They are used in various vegetable dishes.

DESCRIPTION

A herb. It is slender and grows each year from seed. It grows 40-100 cm tall. There are lines along the stems. The leaves are narrowly sword shaped and 3-7 cm long by 2-5 mm wide. They are hairy underneath. The flowers are in groups near the top of the plant or in the axils of leaves. The flower petals are white. The seeds are 2 mm across.

HABITAT

It is a temperate plant. In Nepal it grows between 3,900-4,100 m above sea level. In China it grows in the Gobi desert between 1,200-4,100 m above sea level. In Sichuan.

NOTES

There are about 150-160 Arenaria species.

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