PLANT FACT SHEET

Gentiana kirikowii Turcz.

GENUS *Gentiana* **FAMILY** Gentianaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves or plant are eaten in salads.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 15-25 cm tall. The roots are 1.5 cm across. The stems are simple and curve upwards. There are 3-5 pairs of leaves on the stem and they are 3-7 cm long by 5-9 mm wide. The flowers are in groups near the end of the stems.

HABITAT

It is a cool temperate plant. It grows in cold desert in north India. It grows along streams and in forests and sloping grassland between 1,200-3,900 m above sea level in SW China and 3,400-4,800 m in Indian Himalayas.

REFERENCES

Ballabh, B., et al, 2007, Raw edible plants of cold desert Ladakh. Indian Journal of Traditional Knowledge. 6(1) pp 182-184 (As Gentiana tianschanica)

Sharma, L. et al, 2018, Diversity, distribution pattern, endemism and indigenous uses of wild edible plants in Cold Desert Biosphere Reserve of Indian Trans Himalaya. Indian Journal of Traditional Knowledge. Vol 17(1) January 2018 pp 122-131 (As Gentiana tianschanica)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/9689ff0f-9569-4a95-a730-78b0aa6c26f4