PLANT FACT SHEET

Valeriana rhizantha A. Gray

GENUS *Valeriana* **FAMILY** Caprifoliaceae

COMMON NAMES Chicuru

EDIBLE PARTS AND USES

Edible parts: Root

DESCRIPTION

An annual herb. It grows 4-7 cm tall. The stem lies along the ground. The leaves are oval.

HABITAT

It is a tropical plant. It grows above 4,000 m above sea level in the Andes in South America.

NOTES

Also put in the family Valerianaceae and Proteaceae.

REFERENCES

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

Campos, D., et al, 2009, Nutritional and functional characterisation of Andean chicuru (Stangea rhizanta). Food Chemistry 112: 63-70 (As Stangea rhizantha)

Pacori-Gonzales, P., et al, 2016, Ecology and ethnobotany of two species of edible plants of the high- Andes community Kcana Janansaya, district Kunturkanki, Province Canas, Cusco. Rev. Q'EUÑA 7: 63 - 72 (Diciembre 2016) (As Stangea rhizantha)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/978a3e10-a27c-42f3-9e62-2b0d80255032