PLANT FACT SHEET

Cryptocoryne spiralis (Retz.) Fisch. ex Wydler

GENUS *Cryptocoryne* **FAMILY** Araceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are mixed with flour for fritters and then eaten.

DESCRIPTION

A taro family herb.

HABITAT

It is a tropical plant.

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Lele, Y., et al, 2021, Wild Edible Plants of Nutritional and Medicinal Significance to the Tribes of Palghar, Maharashtra, India. Journal of Ecological Society. p 33

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/9ba707e8-66a8-4b5a-a645-208b807701d8