PLANT FACT SHEET

Valeriana rubra L.

GENUS *Valeriana* **FAMILY** Caprifoliaceae

COMMON NAMES Spanish valerian

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

Baydoun, S., et al, 2023, Wild leafy Vegetables: A potential source for a traditional Mediterranean food from Lebanon. Frontiers in Sustainable Food Systems. 6:991979

PROVIDED BY **Food Plants International**

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/9d514bd2-eb22-46a6-8229-5ec253f03f97