PLANT FACT SHEET

Cassiope fastigiata (Wall.) D. Don

GENUS *Cassiope* **FAMILY** Ericaceae

EDIBLE PARTS AND USES

Edible parts: Flowers - tea

The dried flowers are used for tea.

DESCRIPTION

A small shrub. It grows 8-20 cm tall. The stems hang down and become branched. They have white hairs. The leaves are oval to triangle shaped and 4-6 mm long by 1.5-2 mm wide. They are leathery and deeply furrowed on top. The flowers droop. They are purple and white. The fruit is a capsule 2-3 mm across.

HABITAT

It is a temperate plant. In the Himalayas it grows between 300-4,500 m above sea level.

REFERENCES

Chauhan, J., Negi, AK., Rajasekaran, A., Nazir, Ap., 2013, 'Wild edible plants as emerging ethanomedicines from the Kinnaur Distsict of Himachal Pradesh, India', Journal of Non-Timber Forest Products, 20(4), 273-280.

Wild edible plants of Himachal Pradesh

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/9f15144e-d4e8-420d-85f6-0de6e1f0551a