PLANT FACT SHEET

Rhodiola tibetica (Hook. f. & Thomson) S. H. Fu

GENUS *Rhodiola* **FAMILY** Crassulaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves and stem are boiled in some changes of water to remove bitterness then dried and used as a vegetable.

DESCRIPTION

A herb. It keeps growing from year to year. It has a large underground stem or rhizome. This has scaly leaves. There are many flowering stems on each rhizome. They are 7-25 cm long and 1-2 mm wide. The young leaves are red and succulent. The leaves on the stems are alternate and do not have leaf stalks. They are 5-13 mm long by 2-4 mm wide. Plants are separately male and female. The fruit are dry and have many seeds.

HABITAT

It is a subtropical and temperate plant. It grows at high altitudes. In Pakistan it grows between 3,000-4,800 m altitude. In Tibet in China it grows between 4,100-5,400 m above sea level. It grows on rocks and hilly slopes.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a3644310-46e9-452a-a326-9f080aaa8e8e