PLANT FACT SHEET

Asarum himalaicum Hook.f. & Thomson ex Klotzsch

GENUS *Asarum* **FAMILY** Aristolochiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Roots

DESCRIPTION

A herb. It has some white hairs. It has underground stems or rhizomes. They are 1-2 mm across. The leaf stalk is 10-25 cm long. The leaves are heart shaped and 4-8 cm long by 7-11 cm wide. There are long hairs on the upper surface and short hairs on the lower surface.

HABITAT

It is a tropical plant. It grows in mixed forests along streams and in moist places between 1,300-3,100 m above sea level.

REFERENCES

Kang, Y., et al, 2012, Wild food plants and wild edible fungi in two valleys on the Qinling Mountains (Shaanxi, central China) Journal of Ethnobiology and Ethnomedicine; 9:26

Kang, Y., et al, 2012, Wild food plants and wild edible fungi of Heihe valley (Qinling Mountains, Shaanxi, central China): Herbophilia and indifference to fruits and mushrooms. Acta Societas Botanicorum Poloniae 81(4):4-5-413

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/a6160e3c-150e-42be-9d78-09f4a592ff99