PLANT FACT SHEET

Valeriana microphylla Kunth

GENUS *Valeriana* **FAMILY** Caprifoliaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - drink

DESCRIPTION

A shrub. It grows 60 m to 3 m tall. The stems are hairy. The leaves are broadly oval and 3-22 mm long. The flowers are white or pink.

HABITAT

It is a tropical plant. It grows between 2,500-4,500 m above sea level.

NOTES

Also put in the family Valerianaceae.
It is used as medicine.

REFERENCES

Torre, de la, L., et al, 2008, Enciclopedia de las Plantas Útiles del Ecuador. Herbario QCA. Pontificia Universidad Católica del Ecuador. p 614

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a7b81f2d-f9de-43a6-aff9-ec7d3a488652