PLANT FACT SHEET

Fumaria vaillantii Loisel.

GENUS *Fumaria* **FAMILY** Papaveraceae

COMMON NAMES Few-flowered fumitory

EDIBLE PARTS AND USES

Edible parts: Plant

DESCRIPTION

A herb. It grows 10-30 cm tall. The leaf-segments are not channelled. The leaves are simple and broad. The flowers are pale pink to purple. The bracts are shorter than the flower-stalks.

HABITAT

It is a temperate plant. It grows between 600-2,200 m above sea level in Tibet.

NOTES

There are about 60 Fumaria species. It has also been put in the family Fumariaceae.
It has beneficial effects for the liver.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a7e3d8e9-9e44-43f9-aa25-5bcb667b1b1b