PLANT FACT SHEET

Phytolacca latbenia (Moq.) Maxim.

GENUS *Phytolacca* **FAMILY** Phytolaccaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked as a vegetable.
Caution: Uncooked leaves are poisonous.

DESCRIPTION

A shrub. It grows 1-2 m tall. The leaves are oval and 12-30 cm long by 4-10 cm wide. The flowers are greenish. They are in stalks that are opposite the leaves and 25 cm long. The fruit are a cluster or dark purple berries.

HABITAT

It is a temperate plant. It grows between 1,500-3,000 m above sea level.

REFERENCES

Flora of Pakistan

Gillani, S. W., et al, 2024, The nexus between ecology of foraging and food security: cross-cultural perceptions of wild food plants in Kashmir Himalaya. Journal of Ethnobiology and Ethnomedicine, (2024) 20:77

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/a85b2659-2171-43ed-8253-b22c6ce6bee2