PLANT FACT SHEET

Thermopsis barbata Benth.

GENUS *Thermopsis* **FAMILY** Fabaceae

COMMON NAMES Bearded thermopsis

EDIBLE PARTS AND USES

Edible parts: Branches, Rootstocks

The branches and young rootstocks are cooked as a vegetable.

DESCRIPTION

A tufted herb. It keeps growing from year to year. The root is woody. The stem is 30-50 cm tall. The leaf has 3 leaflets. These are 1.5-3.8 cm long by 0.5-1.5 cm wide. They are sword shaped. The flower arrangement has 1-3 flower at each node. The flowers are dark violet-purple. The fruit is 3-3.5 cm long by 10 mm wide. There are 1-6 seeds.

HABITAT

It is a temperate plant. It grows between 3500-4500 m altitude in Uttar Pradesh in India. In Sichuan.

NOTES

There are 23 Thermopsis species.

REFERENCES

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 635

Flora of Pakistan. www.eFloras.org

Negi, K.S., 1988, Some little known wild edible plants of U.P. Hills. J. Econ. Tax. Bot. Vol. 12 No. 2 pp 345-360

Negi, P. S. & Subramani, S. P., 2015, Wild Edible Plant Genetic Resources for Sustainable Food Security and Livelihood of Kinnaur District, Himachal Pradesh, India, International Journal of Conservation Science. 6 (4): 657-668

J. F. Royle, Ill. bot. Himal. Mts. 1(6):196. 1835

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ab136592-6948-42f6-a982-ff80ac4a6f60