PLANT FACT SHEET

Arabis amplexicaulis Edgew.

GENUS *Arabis* **FAMILY** Brassicaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The tender shoots and leaves are used as a vegetable.

DESCRIPTION

A herb. It can grow for 2 or more years. It grows 30-60 cm tall. The stems are erect. The leaves at the base are in a ring. These leaves are oblong and 3-9 cm long by 1-2 cm wide. There can be teeth around the edge. The leaves on the stem do not have a stalk. These are oval and 1.5-5 cm long by 0.6-2.5 cm wide.

HABITAT

It is a subtropical to temperate plant.

REFERENCES

Wild edible plants of Himachal Pradesh

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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/b42ffcdd-476f-4a61-a2e5-798a0ef13be4