PLANT FACT SHEET

Valeriana occidentalis Heller

GENUS *Valeriana* **FAMILY** Caprifoliaceae

COMMON NAMES Small-flower Valerian, Western Valerian

EDIBLE PARTS AND USES

Edible parts: Root, Seeds

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

NOTES

Also put in the family Valerianaceae.

REFERENCES

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK.
http://www.scs.leeds.ac.uk/pfaf/

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/b567c6d1-7a84-4cbe-92d1-1278252c2b9a