PLANT FACT SHEET

Bartsia alpina L.

GENUS *Bartsia* **FAMILY** Orobanchaceae

COMMON NAMES Alpine bistort

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb that grows attached to other plants. It grows 8-30 cm tall. The stem is hairy and purple. The leaves are in opposite pairs. They are oval and 25 mm long with teeth along the edge. Lower leaves are green and higher leaves are purple. The fruit is an oval brown capsule.

HABITAT

It is a cold temperate plant. It grows in Arctic places.

REFERENCES

Källman, S., 1980, FAO Report D 54012-H2, Sweden. "A literature study that is important for the knowledge and ideas about the selection and nutrtional values of wild Swedish plants that can be used as food in emergency situations"

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b6104764-da04-4e4d-a708-624338f0f47f