PLANT FACT SHEET

Valeriana sorbifolia Kunth.

GENUS *Valeriana* **FAMILY** Caprifoliaceae

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are used as a spice and for tea.

DESCRIPTION

A herb. It has a tuber like root. The plant has a scent. The leaves are opposite and has 3 or more leaflets along the stalk. The leaves are oval and have teeth along the edge. The flowers are pink or white.

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/ (As Valeriana toluccana)

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/b65e2091-7fe3-4da1-88c4-49bf0c09252e