PLANT FACT SHEET

Indigofera heterantha Wall. ex Brandis

GENUS *Indigofera* **FAMILY** Fabaceae

COMMON NAMES Himalayan indigo

EDIBLE PARTS AND USES

Edible parts: Flowers

The flowers are boiled and used as a vegetable and also pickled.
The flowers are dried and kept as an emergency food.

DESCRIPTION

A shrub. It grows about 2 m high. It loses its leaves during the year. The bark is brown. The leaves are compound. They have 9-17 leaflets. The leaves have short stalks. They have leaflets along the stalk and the leaflets are opposite. They end in a sharp tip and are somewhat leathery. They are covered with short white hairs above and grey underneath. The flowers are pink. They are in short stalked arrangements. There are 10-20 flowers in a group. The fruit is a pod. It is like a cylinder with a few scattered hairs. It has 10-12 seeds.

HABITAT

It is a temperate plant. In Nepal it grows between 600-3100 m altitude. It grows in open, moist places. It suits hardiness zones 7-10.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There are about 500-700 Indigofera species. They grow in the tropics and subtropics.

PICTURES



Credit: Food Plants International (Bruce French)

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PROVIDED BY **Food Plants International**

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

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