PLANT FACT SHEET

# *Cyclocodon parviflorus* (Wall. ex A. DC.) Hook.f. & Thomson

**GENUS** *Cyclocodon* **FAMILY** Campanulaceae

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Seeds

The young leaves are cooked and eaten.

## DESCRIPTION

A herb. It is erect and can grow 1-2 m tall. The stems are branched and the leaves have short leaf stalks. The leaves are sword shaped and 5-11 cm long by 2-3 cm wide. The leaves on branches are smaller. The flowers are at the top of the plant. The fruit is a round berry. It has many seeds.

## HABITAT

It is a subtropical plant. In the Himalayas it grows between 300-1,500 m above sea level.

## NOTES

There are at least 5 Campanumoea species. They are similar to Codonopsis.

## REFERENCES


Dobriyal, M. J. R. & Dobriyal, R., 2014, Non Wood Forest Produce an Option for Ethnic Food and Nutritional Security in India. Int. J. of Usuf. Mngt. 15(1):17-37 (As Codonopsis parviflora)

Kayang, H., 2007, Tribal knowledge on wild edible plants of Meghalaya, Northeast India. Indian Journal of Traditional Knowledge. Vol. 6(1), January 2007, pp. 177-181 (As Codonopsis parviflora)

Singh, H.B., Arora R.K.,1978, Wild edible Plants of India. Indian Council of Agricultural Research, New Delhi. p18 (As Campanumoea parviflora)

Wild edible plants of Himachal Pradesh (As Codonopsis parviflora)



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