PLANT FACT SHEET

Heracleum candicans Wall. ex DC.

GENUS *Heracleum* **FAMILY** Apiaceae

EDIBLE PARTS AND USES

Edible parts: Stem, Spice, Flavouring

DESCRIPTION

A herb. It grows 40-100 cm tall. It can be hairy. It has a stout root.

HABITAT

It is a temperate plant. In the Himalayas it grows between 3,000-4,000 m above sea level.

REFERENCES

Bahadori, M. B. et al, 2016, The Genus Heracleum : A Comprehensive Review on Its Phytochemistry, Pharmacology, and Ethnobotanical Values as a Useful Herb. Comprehensive Reviews in Food Science and Food Safety. 15(6): p 1018-1039

Sharma, L. et al, 2018, Diversity, distribution pattern, endemism and indigenous uses of wild edible plants in Cold Desert Biosphere Reserve of Indian Trans Himalaya. Indian Journal of Traditional Knowledge. Vol 17(1) January 2018 pp 122-131

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/be3fd823-36a8-4c72-9575-df3af4621334