PLANT FACT SHEET

Crucihimalaya tibetica (Hook.f. & Thomson) Al-Shehbaz, D.A.German & M. Koch

GENUS *Crucihimalaya* **FAMILY** Brassicaceae

EDIBLE PARTS AND USES

Edible parts: Shoots, Vegetable

The young shoots are cooked and used as a vegetable.

DESCRIPTION

A cabbage family herb.

HABITAT

It is a temperate plant. In the Himalayas it grows between 3,000-4,600 m above sea level.

REFERENCES

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 (As Arabis tibetica)

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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/bed51798-14ae-459c-abe2-95be7cc1e67d