PLANT FACT SHEET

Eutrema himalaicum Hook.f. & Thomson

GENUS *Eutrema* **FAMILY** Brassicaceae

EDIBLE PARTS AND USES

Edible parts: Stems, Leaves

The young stems and leaves are cooked and eaten in stir fried dishes.

DESCRIPTION

A herb. It grows 30-80 cm tall. The stems are erect and branched above. The leaves at the base are in a ring.

HABITAT

In grows in Sichuan and Yunnan in China. It grows near streams and in swampy or alpine meadows between 3,300-4,400 m above sea level.

REFERENCES

Flora of China @ efloras.org Volume 8

Ju, Y., et al, 2013, Eating from the wild: diversity of wild edible plants used by Tibetans in Shangri-la region, Yunnan, China, Journal of Ethnobiology and Ethno medicine 9:28

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c024f81f-e7dc-45d8-8d44-630ca1b2e70c