PLANT FACT SHEET

Saxifraga sibirica L.

GENUS *Saxifraga* **FAMILY** Saxifragaceae

COMMON NAMES Siberian saxifrage

EDIBLE PARTS AND USES

Edible parts: Shoots

The shoots are used for flavouring.

DESCRIPTION

A herb that keeps growing from year to year. It grows 7-30 cm tall. The leaves at the base are 5-35 mm wide and kidney shaped with 5-7 lobes. The upper leaves are oval or with 3 lobes. The flowers are white and in groups of 1-6.

HABITAT

It is a temperate plant. In Nepal it grows between 3,000-5,000 m above sea level.

REFERENCES

Sabbah, A., et al, 2024, Women's Knowledge of Local Plants and Their Gastronomic Heritage in Chitral, NW Pakistan. Plants 2024, 13, 2747

PROVIDED BY **Food Plants International**

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/c14ab55b-b06f-450a-bb97-4ee20518af9b