PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Daphne bholua Buch.-Ham. ex D. SDon

GENUS *Daphne* **FAMILY** Thymelaeaceae

EDIBLE PARTS AND USES

Edible parts: Fruit

The ripe fruit are eaten raw.

DESCRIPTION

A shrub. It can be creeping or erect and can lose its leaves during the year. It grows 1-3 m tall. The branches are brown with a purple tinge. The leaves and alternate clustered at the ends of the stem. The leaves are dull green and narrowly oval. They are 5-17 cm long by 2-3 cm wide. There are 7-12 flowers in a group in the axils of the leaves or towards the ends of the stem. The fruit is black and 7-8 mm long by 5 mm wide.

HABITAT

It is a temperate plant. It grows between 1,700-3,500 m above sea level in the Himalayas.

REFERENCES

Yangdon, P., et al, 2022, Ethnobotanical study of wild edible fruits in eastern Bhutan. Journal of Ethnobiology and Ethnomedicine 18:2

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/c3454d33-62f0-486e-9083-768fdae479d0