PLANT FACT SHEET

Lindelofia longiflora (Benth.) Baill.

GENUS *Lindelofia* **FAMILY** Boraginaceae

COMMON NAMES Himalayan lungwort

EDIBLE PARTS AND USES

Edible parts: Root - tea

DESCRIPTION

A herb. It forms clumps. They are 80 cm tall. The leaves are sword shaped and hairy. The lower leaves have long stalks and the upper leaves do not have stalks but clasp the stem. The flowers are bright blue. They are in clusters on spikes 50 cm long. They are tube shaped.

HABITAT

It is a temperate plant. It grows between 3,000-3,600 m above sea level in Nepal.

REFERENCES

Ijaz, S., et al, 2022, Traditional knowledge of wild edible plants used by the people of Lawat, District Neelum, Azad Jammu & Kashmir, Pakistan. Ethnobotany Research and Applications 23:24

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c4f77a2c-e10d-491a-8b10-2bed9384ef8a