PLANT FACT SHEET

Polygala erioptera DC.

GENUS *Polygala* **FAMILY** Polygalaceae

COMMON NAMES Woolly-winged milkwort

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb. It can grow each year from seed or keep growing from year to year. It grows 5-32 cm tall. The leaves are narrow. They are 2-45 mm long by 8 mm wide. It varies in shape and size and flower colour.

HABITAT

It is a tropical plant. In Pakistan it grows up to 1,400 m above sea level.

REFERENCES

Gupta, S., et al, 2005, Analysis of nutrient and antinutrient content of underutilized green leafy vegetables. LWT 38:339-345

INFOODSUpdatedFGU-list.xls

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c6750098-4696-49c0-bbe6-b22a7fa48327