PLANT FACT SHEET

Polygala sibirica L.

GENUS *Polygala* **FAMILY** Polygalaceae

COMMON NAMES Chinese senega root

EDIBLE PARTS AND USES

Edible parts: Leaves, Root

The root is washed and then boiled in several changes of water before eating.

DESCRIPTION

A herb. It keeps growing from year to year. It is erect and grows 10-25 cm high. There are usually many stems from the base. The lower leaves are oval and small and 6 mm long by 4 mm wide. The upper leaves are narrow and 10-20 mm long by 3-6 mm wide.

HABITAT

It grows in temperate and tropical Asia. In Pakistan it grows between 1,060-2,700 m altitude. In Sichuan and Yunnan.

NOTES

There are about 600 Polygala species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c87a159d-b717-4047-8e04-7956610d8cc6