PLANT FACT SHEET

Kalidium foliatum (Pall.) Moq.

GENUS *Kalidium* **FAMILY** Amaranthaceae

EDIBLE PARTS AND USES

Edible parts: Seeds

DESCRIPTION

A herb. It grows 20-50 cm tall. The stems can be erect or lying on the ground and are much branched. The leaves are grey-green and spreading or curved. They are 4-10 mm long by 2-3 mm wide. There are 3 flowers for each scale like bract.

HABITAT

It is a temperate plant.

REFERENCES

https://en.wikipedia.org/wiki/List of wild edible plants in Mongolian cuisine

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

World Flora online

Zhang, Y., et al, Yunatov's Records of Wild Edible Plant Used by the Mongols in Mongolia During 1940-1951: Ethnobotanical Arrangements and Discussions. Inner Mongolia Normal University. p 6

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c8918258-6ca5-4151-bfb2-873e6bfdae5a