PLANT FACT SHEET

Hylotelephium erythrostictum (Miq.) H. Ohba

GENUS *Hylotelephium* **FAMILY** Crassulaceae

COMMON NAMES Ching T'Ien, Garden orpine

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb. The roots have tubers that are carrot shaped. The stems are simple, erect and 30-70 cm tall. The leaves are opposite. The are oval and 4.5-7 cm long by 2-5.5 cm wide. The flowers are 1 cm across. They are white or pink.

HABITAT

It is a temperate plant.

REFERENCES

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Sabbah, A., et al, 2024, Women's Knowledge of Local Plants and Their Gastronomic Heritage in Chitral, NW Pakistan. Plants 2024, 13, 2747 (Hylotelephium spp.)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/cd530e26-9874-4d93-866a-39cace296d5d