PLANT FACT SHEET

Rhodiola heterodonta (Hook.f. & Thomson) Boriss.

GENUS *Rhodiola* **FAMILY** Crassulaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Roots - tea

The young leaves are boiled and washed and used on local dishes.

DESCRIPTION

A herb.

HABITAT

It is a cool temperate plant. In the Indian Himalayas it grows between 3,300-4,100 m above sea level.

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Sharma, L. et al, 2018, Diversity, distribution pattern, endemism and indigenous uses of wild edible plants in Cold Desert Biosphere Reserve of Indian Trans Himalaya. Indian Journal of Traditional Knowledge. Vol 17(1) January 2018 pp 122-131

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/dbbd2fc9-9353-4cc1-bff9-b0e2e2e4a5f1