PLANT FACT SHEET

Begonia hatacoa Buch.-Ham. ex D. Don

GENUS *Begonia* **FAMILY** Begoniaceae

EDIBLE PARTS AND USES

Edible parts: leaves

The young leaves and leaf stalks are eaten.

DESCRIPTION

A herb. It grows 20 cm tall. It has a thick rootstock. The leaves are sword shaped and red underneath. The flowers have white red veins. The fruit is a triangle shape with many seeds.

HABITAT

It is a subtropical plant. In Sikkim it grows between 500-1,500 m above sea level.

REFERENCES

Balkrishna, A., et al, 2022, Indigenous Uses of Plants among Forest-dependent Communities of Seijosa, Arunachal Pradesh. International Journal of Economic Plants 2022, 9(1):064-080

Kayang, H., 2007, Tribal knowledge on wild edible plants of Meghalaya, Northeast India. Indian Journal of Traditional Knowledge. Vol. 6(1), January 2007, pp. 177-181 (As Begonia rubrovenia)

Sundriyal, M., et al, 1998, Wild edibles and other useful plants from the Sikkim Himalaya, India. Oecologia Montana 7:43-54 (As Begonia rubrovenia)

Sundriyal, M., et al, 2004, Dietary Use of Wild Plant Resources in the Sikkim Himalaya, India. Economic Botany 58(4) pp 626-638

Wild edible plants of Himachal Pradesh (As Begonia rubrovenia)

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/dc9c5b2a-fdb8-47d9-b6db-a3d5a4c4a566