PLANT FACT SHEET

Codonopsis convolvulacea Kurz

GENUS *Codonopsis* **FAMILY** Campanulaceae

EDIBLE PARTS AND USES

Edible parts: Roots

The roots are boiled and eaten as a vegetable.

DESCRIPTION

A twining herb. The stems are 1 m long and they have a few branches. It has tuberous roots that are round or oval and 2.5-5 cm long by 1-1.5 cm wide. The leaves are alternate or opposite. The leaf blades are narrow and sword shaped to oval. They are 2-10 cm long by 0.4-3.5 cm wide. The base is wedge shaped or rounded. The edges can be smooth or with rounded teeth. The flowers occur singly on the edges of branches. They are bell shaped and blue of purple. There are many brown, oblong seeds.

HABITAT

It is a temperate plant. In the Himalayas it grows between 2,200-4,200 m above sea level.

REFERENCES

Ghimire, S. K., et al, 2008, Non-Timber Forest Products of Nepal Himalaya. WWF Nepal p 31

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ded4c4b9-3528-47b6-ae5d-d6044b650376