PLANT FACT SHEET

Salvia campanulata Wall. ex Benth.

GENUS *Salvia* **FAMILY** Lamiaceae

COMMON NAMES Mara

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are cooked as a vegetable.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 45-80 cm tall. The leaves are heart shaped or oval and 4-18 cm long by 4-14 cm wide. There are hairs underneath. The spikes have flowers in groups of 2-6. They are yellow.

HABITAT

It is a temperate plant. It grows on the edges of forests between 800-3,800 m above sea level. In Yunnan.

REFERENCES

Bhattarai, S and Chaudary, R. P., 2009, Wild Edible Plants Used by the People of Manang District, Central Nepal. Ecology of Food and Nutrition, 48:1-20

Gautam, R. S., et al, 2022, Ethnobotanical Review of Wild Edible Plants of Nepal. Journal of Natural History Museum Volume 32, 2021-22 p 117

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ea768ffa-a28e-484d-8c6c-2aa74c9d7bec