PLANT FACT SHEET

# *Cortia depressa* (D.Don) C.Norman

**GENUS** *Cortia* **FAMILY** Apiaceae

**COMMON NAMES** Prostrate cortia

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Fruitlets

The tender leaves are cooked as a vegetable.
The fruitlets are used as a substitute for cumin.

## DESCRIPTION

A deeply rooted herb. The leaves are almost without stalks. They are divided one or two times. The end segment is narrow and sword shaped. The flowers are white. They occur in an umbel. The fruit is compressed.

## HABITAT

It is a temperate place. In Nepal it grows between 3300-4500 m altitude. In Tibet it grows on alpine meadows at about 4,400 m above sea level.

## PRODUCTION

### Cultivation

Plants are grown from seed.

## REFERENCES


Dangol, D. R. et al, 2017, Wild Edible Plants in Nepal. Proceedings of 2nd National Workshop on CUAOGR, 2017.

Gautam, R. S., et al, 2022, Ethnobotanical Review of Wild Edible Plants of Nepal. Journal of Natural History Museum Volume 32, 2021-22 p 103

Joshi, N., et al, 2007, Traditional neglected vegetables of Nepal: Their sustainable utilization for meeting human needs. Tropentag 2007. Conference on International Agricultural Research for Development.

Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 171

Uprety, Y., et al, 2016, Traditional use and management of NTFPs in Kangchenjunga Landscape: implications for conservation and livelihoods. Journal of Ethnobiology and Ethnomedicine (2016) 12:19



**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/f31a03ef-888f-4c71-ab10-7fd8d03b609f