PLANT FACT SHEET

Polygala arvensis Willd.

GENUS *Polygala* **FAMILY** Polygalaceae

COMMON NAMES Field milkwort

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb. The stems can lie along the ground or be erect. They are 1-6 cm long. The leaves are broadly oval. They are 2-4 cm long by 1 cm wide. There are 4-8 flowers in a group. The flowers are small and yellow.

HABITAT

It is a tropical plant.

REFERENCES

Dobriyal, M. J. R. & Dobriyal, R., 2014, Non Wood Forest Produce an Option for Ethnic Food and Nutritional Security in India. Int. J. of Usuf. Mngt. 15(1):17-37

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ff3c268c-65bd-4171-86c2-25df14a3a486