PLANT FACT SHEET

Heliotropium curassavicum L.

GENUS *Heliotropium* **FAMILY** Boraginaceae

COMMON NAMES Smooth Heliotrope

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The leaves are used in salads and as a potherb.
Dried leaves are brewed into tea.
The ashes of the plant are used as a substitute for salt.
Caution: It is toxic for animals.

DESCRIPTION

A shrub. It lives for only a few years. It forms a mound. It grows 40 cm high and spreads 60 cm wide. The stems and leaves are fleshy. The leaves are narrow and sword shaped and 5 cm long. They are light green. The flowering stalk is at the ends of the plant. It can be 10 cm wide and is first cream but matures to purple.

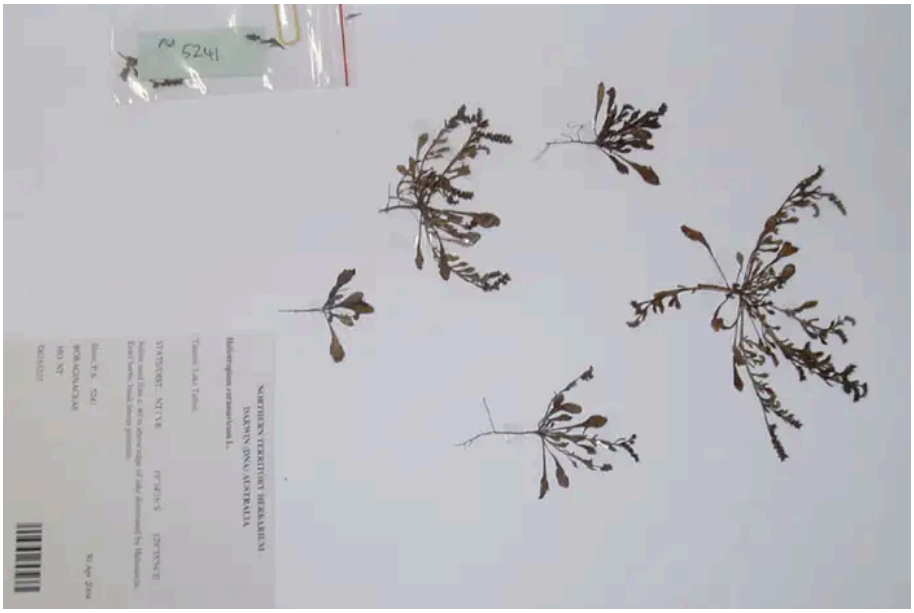
HABITAT

A tropical plant. It grows in the tropics and subtropics. It can grow on sandy and salty soils. In Pakistan it grows from sea level to 300 m altitude. It suits hardiness zones 10-12.

NOTES

There are about 250 Heliotropium species. Several Heliotropium are used in medicine.

PICTURES



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