PLANT FACT SHEET

Heliotropium zeylanicum (Burm. f.) Lam.

GENUS *Heliotropium* **FAMILY** Boraginaceae

EDIBLE PARTS AND USES

Edible parts: Plant, Vegetable

The young leaves are chopped and cooked either alone or with other vegetables.

DESCRIPTION

A erect herb. It keeps growing from year to year. It grows 80 cm tall. It has a long thick rootstock and can be a spreading plant. The stems are branched and woody at the base. They have hairs. The leaves are long and thin. They are 9 cm long and 1 cm wide. They have a sharp tip and narrow at the base. The flowers are small and greenish-yellow. They form along a spike like stalk. The fruit is rounded and 2 mm long. It breaks into 4 nutlets.

HABITAT

It is a tropical plant. In grows in dry bushland and grassland from sea level to 1,700 m above sea level in Tanzania.

PRODUCTION

Cultivation

Plants can be grown from seed.

Harvesting and Seed Production

Leaves are collected during the rainy season.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/01000658-e2dc-4815-a980-b32aaa764404