PLANT FACT SHEET

Croton bonplandianus L.

GENUS *Croton* **FAMILY** Euphorbiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The plant is boiled in water and then sugar added for a herbal tea.

DESCRIPTION

A small herb. It grows 30-60 cm tall. The leaves are arranged alternately. The leaves are 3-5 cm long and sword shaped with teeth along the edge.

HABITAT

It is a subtropical plant.

REFERENCES

Waheed, M., et al, 2023, Traditional Wild Food Plants Gathered by Ethnic Groups Living in Semi-Arid Region of Punjab, Pakistan. Biology 2023, 12, 269.

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/01105b6f-42cd-4580-bd37-0bf4bb2b12a6