PLANT FACT SHEET

Rostellularia procumbens (L.) Nees

GENUS *Rostellularia* **FAMILY** Acanthaceae

COMMON NAMES Water willow

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Flowers, Stems, Plant - tea

The leaves, flowers and stems are cooked and eaten as a vegetable.
The leaves are eaten with oil and salt. They are used to flavour bamboo shoots.

DESCRIPTION

A herb. It lies along the ground. The stems are angular and swollen at the nodes. The leaves are small and oval. They are 2-4 cm long by 1-2 cm wide. The flowers are purple. They are in spikes at the end of branches. The fruit are capsules 4-6 mm across with 4 seeds.

HABITAT

A subtropical plant. It grows in open fields and near the edges of forests from near sea level to 1,500 m above sea level in China. In Sichuan and Yunnan.

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