PLANT FACT SHEET

Hypoestes forskaolii subsp forskaolii

GENUS *Hypoestes* **FAMILY** Acanthaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are sometimes cooked and eaten as a vegetable. The plant is burnt to ash and used as a cooking salt.

DESCRIPTION

A herb. It varies in form but forms tufts and grows 1 m tall.

HABITAT

A tropical plant. It grows in open places of wooded savannah.

PRODUCTION

Cultivation

Plants can be grown from seed or cuttings.

NOTES

There are about 40-70-150 Hypoestes species. They grow in tropical regions.

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

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