PLANT FACT SHEET

Begonia longifolia Blume

GENUS *Begonia* **FAMILY** Begoniaceae

COMMON NAMES Long-leaf begonia

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Spice, Flavouring

The shoots and leaves are used to make pickles and jam. The leaves are eaten either cooked or fresh as a flavouring.
The flowers are acidic and eaten raw.

DESCRIPTION

A herb. It grows 2 m tall. It has short stout rhizomes. The stems are erect and branched. They are reddish-green. The leaves are sword shaped and oblique. They are 11-22 cm long by 2-11 cm wide. They taper to a long tip. The base is heart shaped. There are shallow teeth along the edge. They are shiny green above and more pale underneath. The leaf stalks are 15 cm long. The flowers are in groups of about 10 and are white to pale pink. The fruit is a flattened round capsule 1.5 cm across that hangs down.

HABITAT

It is a tropical plant. It grows in primary forests up to 2,200 m above sea level.

PRODUCTION

Cultivation

Plants can be grown from seeds or by leaf or stem cuttings.

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