



PLANT FACT SHEET

Limnophila rugosa (Roth.) Merr.

GENUS *Limnophila* FAMILY Plantaginaceae

COMMON NAMES Swamp leaf

EDIBLE PARTS AND USES

Edible parts: leaves - condiment, Spice

The whole plant is used for flavouring because of its sweet smell. It has a smell of anise. They are used in chutney.

The leaves are cooked and eaten as a vegetable.

DESCRIPTION

A stout herb. It is an upright plant although sometimes lying over. It is up to 50 cm high. It has a smell. The stems can be simple or branched. It forms roots from the lower nodes. The leaves are opposite and pointed at both ends. Each pair occurs opposite to the next pair. The leaves are slightly rough. They are usually widest near the base and with toothed edges. The stems are hairy. The leaves or the short leaf stalks clasp the stem. Flowers are single without stalks and in the axils of leaves. They are yellowish green. The fruit is a capsule. It is 6.5 mm by 3 mm. Seeds are very small, black and shiny.

HABITAT

A tropical plant. They occur in open wet places at low altitudes in the Philippines from Luzon to Palawan. It is a marsh plant growing in pools and in water but rooted in the mud. It is mostly coastal but can grow up to 1200 m or higher. In Yunnan.

NOTES

There are about 35 *Limnophila* species.

Also put in the family Scrophulariaceae.

PICTURES



Credit: Food Plants International (Bruce French)

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