PLANT FACT SHEET

Trichodesma zeylanicum (N. L. Burman) R. Br.

GENUS *Trichodesma* **FAMILY** Boraginaceae

COMMON NAMES Camel bush, Cattle bush

EDIBLE PARTS AND USES

Edible parts: Seeds, Leaves, Vegetable

The young leaves are chopped and cooked and eaten.
They are also added to beer to assist with fermentation.
The seeds yield and edible oil.

DESCRIPTION

A soft herb. It keeps growing from year to year. It is usually 50 cm high but can grow to 1 m high. The leaves are large and opposite in pairs up the stem. The leaves are thick and have distinct veins. They taper to the base with little or no stalk. The stem and leaves are hairy. The flowers are pale purple or white. They hang down in groups like small bells. Each flower has 5 petals.

HABITAT

A tropical plant. It grows in tropical and subtropical places. It grows in open woodlands and along creeks. It grows in low and medium rainfall areas. It can grow in very sandy soil. In Tanzania it grows up to 1,700 m above sea level.

PRODUCTION

Cultivation

Plants can be grown from seeds.

Harvesting and Seed Production

Young leaves are collected early in the rainy season.

NOTES

It is used in medicine.

PICTURES



Credit: Food Plants International (Bruce French)



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