PLANT FACT SHEET

Isoglossa lactea Lindau ex Engl.

GENUS *Isoglossa* **FAMILY** Acanthaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are collected, chopped and cooked with coconut milk.

DESCRIPTION

A trailing or scrambling herb. The stems can climb 1-2,5 m. They develop from a woody base. The leaves are opposite and narrowly oval. They are 8 cm long. The tip tapers and the base narrows. They are red underneath. The flowers are white. They are in large open heads. Each flower is 12 mm long. They are funnel shaped. The fruit are hard capsules. They are brown and pointed. They are 2 cm long.

HABITAT

It is a tropical plant. In grows in evergreen forests in mountain regions. In Tanzania it grow between 1,300-1,800 m above sea level.

PRODUCTION

Cultivation

Plants can be grown from seed or cuttings.

Harvesting and Seed Production

Leaves are collected during the rainy season.

REFERENCES

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 562

Ruffo, C. K., Birnie, A. & Tengnas, B., 2002, Edible Wild Plants of Tanzania. RELMA p 402

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/09caaa81-3de1-4121-a6ba-919f03313726