PLANT FACT SHEET

Mollugo verticillata L.

GENUS *Mollugo* **FAMILY** Molluginaceae

COMMON NAMES Indian chickweed, Carpet weed

EDIBLE PARTS AND USES

Edible parts: Leaves

The entire plant is cooked and eaten as a potherb.
It is added to vegetable soups during the last minutes of cooking. They are also used in salads.

DESCRIPTION

A creeping herb. It is 10-30 cm high. The leaf stalk is short. The leaves near the base are in a ring and are oval and cup shaped. They are 1.5-2 cm long. The leaves on the stem are about 7 in groups of 2 or 3. They are 1-3 cm long by 1.5-4 mm wide. The flowers occur in clusters of 3-5 flowers. They are greenish white. The fruit is a capsule. It is oval and 3-4 mm long by 2.5 mm wide. It has 3 valves. There are many kidney shaped seeds.

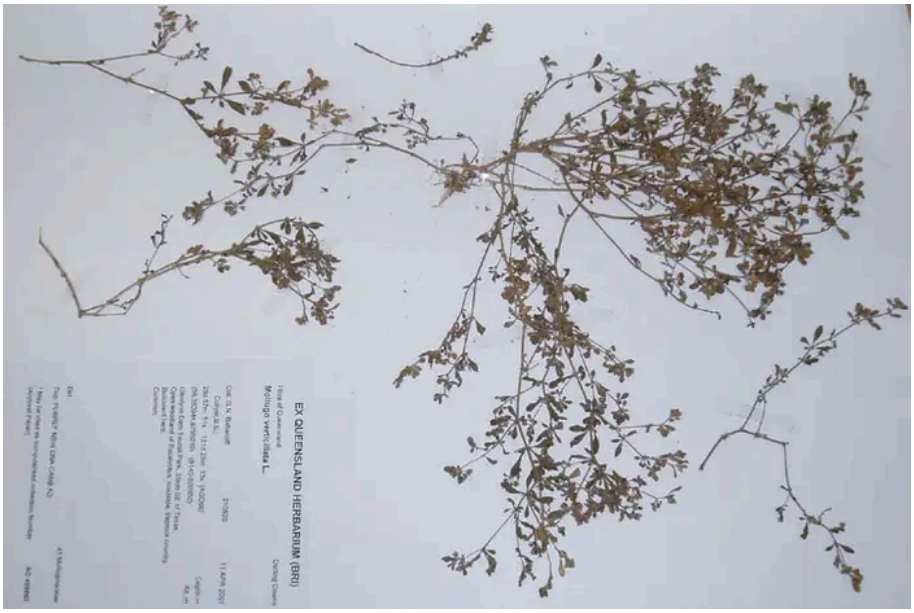
HABITAT

It is a tropical and subtropical plant. It grows in barren grassland near the sea in C China. In Argentina it grows from sea level to 1,000 m above sea level.

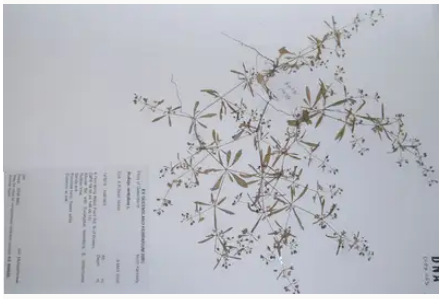
NOTES

There are about 35 Mollugo species. They are mostly in tropical and subtropical regions.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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