PLANT FACT SHEET

Hygrophila acinos (S. Moore) Heine

GENUS *Hygrophila* **FAMILY** Acanthaceae

EDIBLE PARTS AND USES

Edible parts: Root

DESCRIPTION

A herb. It has a creeping rhizome. It keeps growing from year to year. The stems are 4 sided. The leaves are oval and 1-8 cm long by 0.3-1.5 cm wide. It has flowering branches 75 cm long.

HABITAT

It is a tropical plant. It grows in open woodland. It grows between 900-1,500 m above sea level. It suits the seasonally dry tropics.

REFERENCES

Malaisse, F., 1997, Se nourrir en floret claire africaine. Approche ecologique et nutritionnelle. CTA., p 63 (As Hygrophila bequaertii)

Malaisse, F., 2010, How to live and survive in Zambezian open forest (Miombo Ecoregion). Les Presses Agronomiques de Gembloux. (As Hygrophila bequaertii)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/16aab5c1-015e-41a5-ae63-57e4c4031941