PLANT FACT SHEET

Phyla nodiflora (L.) Greene

GENUS *Phyla* **FAMILY** Verbenaceae

COMMON NAMES Frogfruit, Lippia

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Leaves

The leaves are eaten.
They are also used to brew a herbal tea.

DESCRIPTION

A plant which forms a tight mat. It spreads by runners or stolons. It grows 3-15 cm high. These can be woody near the base. They produce many roots. It can spread 2-5 m wide. The leaves are small and opposite. The are oblong or sword shaped and narrow to a leaf stalk at the base. There can be some teeth near the end of the blade. The leaves can be smooth or covered with hairs. The flowers heads are round or oval and 1.25 cm across. They are on long flowering stalks. The flowers are pink and like clover flowers.

HABITAT

It grows in temperate places but will grow in the subtropics and in semi-arid places. It needs well drained soil. It needs to grow in full sun. It can stand heavy frosts. It also grows in regularly flooded areas and near ditches and ponds. In Zimbabwe it grows up to 1,300 m above sea level. It suits hardiness zones 9-10. In Sichuan and Yunnan.

PRODUCTION

Cultivation

It can be grown by small cuttings.

NOTES

There are 15 Phyla species.
It has medicinal properties.

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