PLANT FACT SHEET

Haumaniastrum caeruleum (Oliv.) P. A. Duvign. & Plancke

GENUS *Haumaniastrum* **FAMILY** Lamiaceae

COMMON NAMES Taga

EDIBLE PARTS AND USES

Edible parts: Leaves, Ash - salt, Vegetable

The leaves are cooked and eaten as a vegetable.
The ash of the plant is used as a vegetable salt.

DESCRIPTION

A herb. It is stout and erect. It keeps growing from year to year. It is often bushy and has soft hairs. It grows 1 m high. The stems have 4 angles. There can be several stems from a woody rootstock. The leaves are opposite or in rings of 3-4. The leaf blade in narrowly oval and 2-10 cm long by about 1 cm wide. The base is wedge shaped and it tapers to the tip. The flowers are in a rounded head. The flowers are pale violet. The bracts are usually white. The fruit is made up of 4 nutlets. These are about 1 mm long. The plant varies a lot.

HABITAT

A tropical plant. It grows in damp savannah. It grows between 200-2,100 m above sea level.

NOTES

There are 35 Haumaniastrum species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/1d069754-b259-4487-a775-13d50dae33e1