PLANT FACT SHEET

Lippia multiflora Moldenke

GENUS *Lippia* **FAMILY** Verbenaceae

COMMON NAMES Gambian tea bush

EDIBLE PARTS AND USES

Edible parts: Leaves, Leaves - tea, Stem, Flowers - tea, Root ashes - salt, Spice, Fruit

The leaves are cooked and eaten and also used for tea drinks and flavouring. They can be dried and stored. Also the flowers.
The fruit are cooked as a sauce.

DESCRIPTION

A woody shrub. It is hairy. It grows 3 m high. It has stiff stems. The leaves are bluish-green. They are 10 cm long and 2.5 cm wide. They have teeth and are hairy underneath. The flowers are white or lilac with yellow centres and have a scent. They are in stalked heads.

HABITAT

A tropical plant. It grows in bush savannah in West Africa.

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