PLANT FACT SHEET

Commelina forskaolii Vahl

GENUS *Commelina* **FAMILY** Commelinaceae

COMMON NAMES Kansura, Kanshura

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Vegetable

The seeds are used to make flour for bread.
The leaves are cooked and eaten. They are soft when cooked so are often mixed with coarse vegetables or maize.

DESCRIPTION

A herb. The stems are fleshy and lie along the ground. They form roots at the nodes. The leaf stalks form a sheath around the stem. The leaves are small. The flower emerges from a pocket like spathe. The flowers are blue.

HABITAT

A tropical plant. It grows on gravely soil. It can be on sandy soil over limestone material. It grows from sea level to 1,700 m above sea level. It grows in hot arid places and places with a marked dry season. It can tolerate drought. It can grow in arid places.

PRODUCTION

Cultivation

Plants are grown from root cuttings.

Harvesting and Seed Production

The branches are threshed to collect the seeds.

NOTES

There are about 230 Commelina species.

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