PLANT FACT SHEET

Lippia kituiensis Vatke

GENUS *Lippia* **FAMILY** Verbenaceae

COMMON NAMES Sedge plant

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Fruits, Seeds

The green leaves are used to make tea. They are boiled and sugar added,
The ripe fruit and seeds are eaten.

DESCRIPTION

A herb or shrub. It grows 1-2 m high. It has many branches. It is aromatic. The stems are hairy. The bark is rough and there are cracks along it on old stems. The leaves are oval and 10 cm long. They are opposite and have rounded teeth along the edges. They are rough above and softly hairy underneath. The flowers are white or cream. The fruit are made up of 2 dry sections with a seed in each. They are small and red but edible.

HABITAT

It is a tropical plant. It grows in grassland and often on rocky ground. It grows between 400-2,550 m altitude.

PRODUCTION

Cultivation

Plants can be grown from seeds.

Harvesting and Seed Production

Fruit are collected during the rainy season.

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