PLANT FACT SHEET

Hygrophila phlomoides Nees

GENUS *Hygrophila* **FAMILY** Acanthaceae

COMMON NAMES Burma linseed

EDIBLE PARTS AND USES

Edible parts: Leaves - flavouring

DESCRIPTION

A herb. It keeps growing from year to year. It grows 1 m tall. The stems are erect and 4 angled. The leaves are narrowly oval and 2-9 cm long by 1-3 cm wide. The flowers are in clusters in the axils of leaves.

HABITAT

It is a tropical plant. It grows in wet places below 1,200 m above sea level in southern China.

REFERENCES

Reis, S. V. and Lipp, F. L., 1982, New Plant Sources for Drugs and Foods from the New York Botanical Garden herbarium. Harvard. p 279

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/22276fed-ab0b-4ee5-88e8-e8da8ddee86c