PLANT FACT SHEET

Hygrophila costata Nees

GENUS *Hygrophila* **FAMILY** Acanthaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb that grows in water. It grows 2 m tall. Young stems have angular ridges. The leaves are narrowly oval to sword shaped. They are 5-25 cm long by 1-4 cm wide.

HABITAT

It is a subtropical plant. In Argentina it grows from sea level to 1,000 m above sea level.

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 (As Hygrophila verticillaris)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/2cd92a41-eee3-4089-9479-78f9594dbd81