PLANT FACT SHEET

Vitex negundo var. negundo Lam.

GENUS *Vitex* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are washed to remove the bitter element then ground into flour.

DESCRIPTION

A shrub.

HABITAT

It is a temperate plant.

NOTES

Also put in the family Verbenaceae.

PROVIDED BY **Food Plants International**

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/2e7eecab-2ff7-4141-9dda-d56477365619