PLANT FACT SHEET

Turnera diffusa Willd. ex Schult.

GENUS *Turnera* **FAMILY** Passifloraceae

COMMON NAMES Buttercup bush, Mexican holly

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Flowers - tea

The dried leaf has been eaten as a tonic. It is also drunk as a tea.
The flowers are used for tea.

DESCRIPTION

A herb or small shrub which keeps growing from year to year. It grows 60 cm to 2 m tall. The leaves are sword shaped. They have blunt teeth along the edge. The flowers are spreading. They are 2.5-4 cm wide. The petals are broadly oval with a sharp point. They are yellow.

HABITAT

It is a tropical plant. It suits areas with moderate moisture or which are seasonally dry. It needs an average, well-drained soil. It needs full or part sun. It suits hardiness zones 9-12.

NOTES

There are 120 Turnera species in tropical America. Also put in the family Turneraceae.

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