PLANT FACT SHEET

Glinus oppositifolius (L.) A. DC.

GENUS *Glinus* **FAMILY** Molluginaceae

COMMON NAMES Bitter cumin

EDIBLE PARTS AND USES

Edible parts: Leaves, Shoots, Vegetable, Flowers

The leaves are cooked with meat and fish to add to the flavour. The leaves are bitter.
The plant including flowers are fried and eaten.
The plant is ground into a paste then used for pickles.

DESCRIPTION

An annual herb. This is a small thin spreading plant. It grows 10-60 cm tall. It is smooth skinned and branched and grows each year from seed. The leaves are opposite each other and 1 to 3 cm long. Sometimes the leaves are in circles. It flowers throughout the year. Flowers develop around the nodes. There are 4-6 flowers together. They are 6-12 mm long. They are greenish-white. They have a long flower stalk. The fruit is a capsule which is oval. It has 5 valves. There are many seeds. These are kidney shaped. They are 0.5 mm long.

HABITAT

It is a tropical plant. It grows in open waste places. It often grows on land which is occasionally flooded. It grows on tidal flats. It grows in damp shady places. It grows in wetlands. It grows between 40-780 m above sea levels.

PRODUCTION

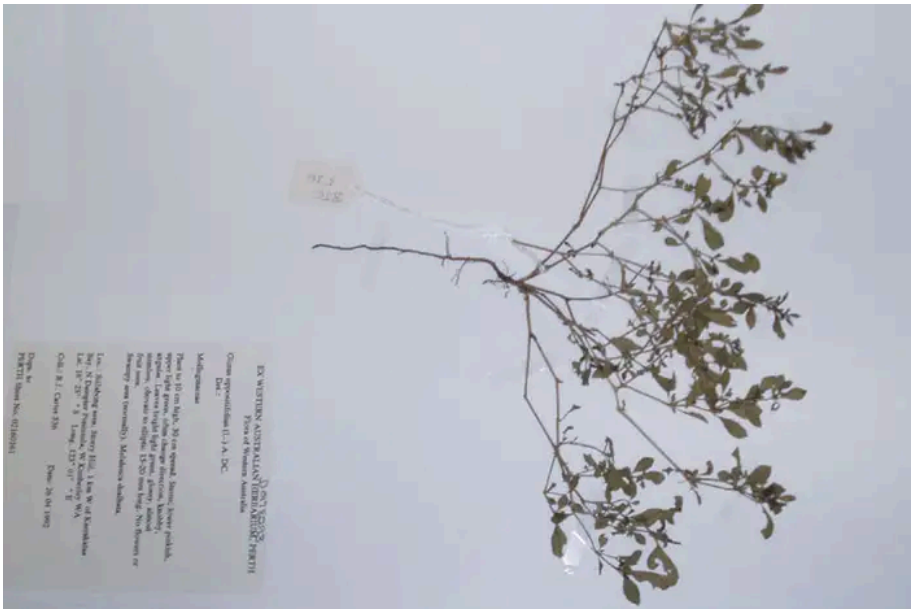
Cultivation

It can be grown from seeds and stem cuttings.

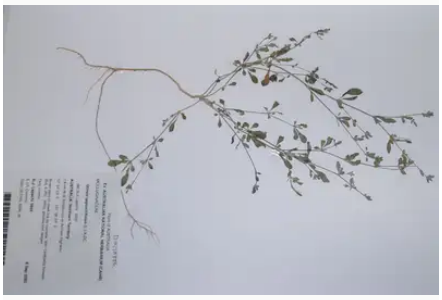
NOTES

There are about 10 Glinus species. There are 2 species in tropical America.

PICTURES



Credit: Food Plants International (Bruce French)



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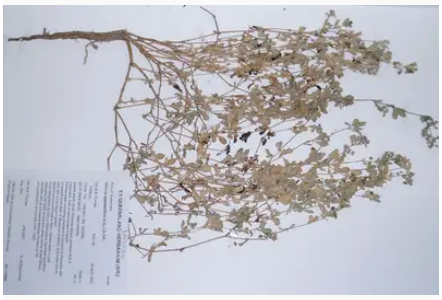

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