PLANT FACT SHEET

Commelina paludosa Blume

GENUS *Commelina* **FAMILY** Commelinaceae

COMMON NAMES Buki

EDIBLE PARTS AND USES

Edible parts: Root

The root is boiled and cooked as a vegetable.

DESCRIPTION

A herb. It is erect and stout. It can be 1 m tall. The leaves are 3-7 cm long by 0.8-1.5 cm wide. They are spoon shaped and narrow. The flowers are blue. The capsule is 3 angled. There are 3 seeds.

HABITAT

A tropical plant. It grows in Nepal from 300-3500 m altitude. In Bangladesh it grows on the edges of forests and near swamps. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants are grown by seed.

NOTES

There are about 230 Commelina species.

REFERENCES

Chauhan, S. H., et al, 2018, Consumption patterns of wild edibles by the Vasavas: a case study from Gujarat, India. Journal of Ethnobiology and Ethnomedicine (2018) 14:5

Chowdery, T., et al, 2014, Wild edible plants of Uttar Dinajpur District, West Bengal. Life Science Leaflets. 47:pp 20-36 http://lifesciencesleaflets.ning.com

Dangol, D. R. et al, 2017, Wild Edible Plants in Nepal. Proceedings of 2nd National Workshop on CUAOGR, 2017.

Enum. pl. Jav. 1:2. 1827

Flora of Pakistan. www.eFloras.org

Gautam, R. S., et al, 2022, Ethnobotanical Review of Wild Edible Plants of Nepal. Journal of Natural History Museum Volume 32, 2021-22 p 110

Hoare, A., 2003, Food use of the Lundayeh SW Sabah. Borneo Research Council.

Joshi, N., et al, 2007, Traditional neglected vegetables of Nepal: Their sustainable utilization for meeting human needs. Tropentag 2007. Conference on International Agricultural Research for Development.

Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 168

Masoodi, H. U. R. & Sundriyal, R. C., 2020, Richness of non-timber forest products in Himalayan communities–diversity, distribution, use pattern and conservation status. Journal of Ethnobiology and Ethnomedicine 16:56

Singh, A. G., Panthi, M. P., & Tewari, D. D., 2012, Wild Plants Used as Vegetable in Rupandehi District of Nepal and their Ethnomedicinal Importance. J. Nat. Hist. Mus. Vol. 26, 2012, 111-125

Tutul, E et al, 2009, Angiospermic Flora of Runctia Sal Forest, Bangladesh. Bangladesh J. Plant Taxon. 16(1): 83-90. p 85

Wild edible plants of Himachal Pradesh

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/30acb791-09b4-4196-8984-59cabcbb9402