PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Tradescantia fluminensis Vell.

GENUS *Tradescantia* **FAMILY** Commelinaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers

The leaves are eaten raw.

DESCRIPTION

A herb. It keeps growing from year to year. The leaves are 2-5 cm long by 0.7-2.3 cm wide. The base is unequal.

HABITAT

It is a subtropical plant. In Argentina it grows from sea level to 900 m above sea level.

PRODUCTION

Cultivation

It is grown by stem cuttings.

REFERENCES

Alimenticias - FloraSBS

Andrare, G. M. M., et al, 2023, Plantas Alimenticias Nao Convencionais (PANC) Nos Levantamentos Etnobotanicos do Brazil. Novos Cadernos NAEA v. 25 No. 2 p 206

da Cruz Alves, Thiago, 2020, Plantas Alimentícias Não Convencionais (PANC) da Travessia Teresópolis - Petrópolis, Serra dos Órgãos, RJ / Thiago da Cruz Alves. - Rio de Janeiro, 2020. p 31, 66

Diaz-Betancourt, M., et al, 1999, Weeds as a future source for human consumption. Rev. Biol. Trop. 47(3):329-338

Kinupp, V. F., 2007, Plantas alimenticias nao-convencionais da regiao metropolitana de Porto Alegre, RS, Brazil p 74

Kinupp, V. F. & Bergman, I., 2008, Protein and minerals of native species, potential vegetables and fruits. Cienc.Tecnol. Aliment. Vol. 28 No. 4 Campinas Oct/Dec.

Otway, C., Edible Weeds and Foraging around Perth, Australia. Terra Perma. p 25

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/3721cb8d-b1fb-46f3-97d9-e9f8c1ed594f