PLANT FACT SHEET

Begonia cucullata Willd.

GENUS *Begonia* **FAMILY** Begoniaceae

COMMON NAMES Begonia, Wax begonia

EDIBLE PARTS AND USES

Edible parts: Leaves, Rhizomes

The leaves are eaten as a cooling salad.

DESCRIPTION

A herb. It grows 1.5 m tall. The stems are fleshy. They are erect and branched. They are green to red and hairy when young. The leaves are oblique and oval and unequal on opposite sides. They are 1-14 cm long by 2-9 cm wide. They can be rolled inwards at the tip. There are teeth along the edge. The leaves are waxy green above and pale green underneath. The leaf stalks are reddish and 5 cm long. The flowers are white to pink. The fruit is an oval capsule 1 cm long.

HABITAT

A tropical plant. It grows in rainforests and disturbed areas up to 3,000 m above sea level.

PRODUCTION

Cultivation

Plants can be grown from seeds or stem or leaf cuttings.

NOTES

There are 900-1,000-1,500 Begonia species. It can become invasive.

REFERENCES

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 203

Bircher, A. G. & Bircher, W. H., 2000, Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics. AUC Press. p 56

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 95

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 40

Kew Plants of the World Online

Kinupp, V. F., 2007, Plantas alimenticias nao-convencionais da regiao metropolitana de Porto Alegre, RS, Brazil p 69

Laferriere, J. E., 1992, Begonias as Food and Medicine. Economic Botany, Vol. 46, No. 1, pp. 114-116

Marinelli, J. (Ed), 2004, Plant. DK. p 446

Sp. pl. 4(1):414. 1805

Sukarya, D. G., (Ed.) 2013, 3,500 Plant Species of the Botanic Gardens of Indonesia. LIPI p 1071

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/37aaa6e9-93ae-4319-a144-795779d11034