PLANT FACT SHEET

Justicia adhatoda L.

GENUS *Justicia* **FAMILY** Acanthaceae

COMMON NAMES Malabar nut

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, flower - nectar, Root

The tender leaves and flowers are cooked as a vegetable.
They are also eaten raw.
The flowers are eaten fried.
The harvested flowers can be stored for 5 days.
The nectar of the flowers is sucked.

DESCRIPTION

A shrub. It grows to about 2 m high. The leaves are dark green and glossy. The leaves are stalked. They are 7-18 cm long by 4-6 cm wide. They are oval or sword shaped and taper to the tip. The flowers do not have stalks. The flowers are white tinged with purple in the throat. The flowers are lobed. The flowers occur in spikes in the axils of leaves. The fruit is a capsule. It has channels along it. There are 4 seeds.

HABITAT

A tropical plant. In Nepal it grow to about 2700 m altitude. It needs a temperature above 7°C. It suits hardiness zones 10-12. Mt Cootha Botanical Gardens. In Yunnan. In XTBG Yunnan. It suits the seasonally dry tropics.

PRODUCTION

Cultivation

Plants are grown from seeds or cuttings of the branches.

NOTES

There are about 420-600 Justicia species. The leaves are used in medicine.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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