PLANT FACT SHEET

Nelsonia canescens (Lam.) Sprengel

GENUS *Nelsonia* **FAMILY** Acanthaceae

COMMON NAMES Blue pussyleaf

EDIBLE PARTS AND USES

Edible parts: Leaves, flower, Leaves - salt

The plant is used as a salt substitute.
It is also cooked as a vegetable.

DESCRIPTION

A herb which grows from seed each year. It grows 10 cm high and spreads 50-100 cm wide. The young growth is densely hairy. The stems lie along the ground. They form roots at the nodes. The leaves are 6 cm long by 3.5 cm wide. The lowest leaves are the largest. They are greyish-green with a pointed tip. The flower spikes are 1-6 cm long by 1 cm wide. They can be in the axils of leaves or at the ends of branches. The flowers are 0.5 cm long. They are white. The capsules are 0.5 cm long.

HABITAT

A tropical plant. It is often along rivers and on the banks of swamps. It grows on sandy soils or on clay loams. They are sensitive to cold. In southern China it grows in wet places in open forests between 400-2,000 m above sea level. In Yunnan.

PRODUCTION

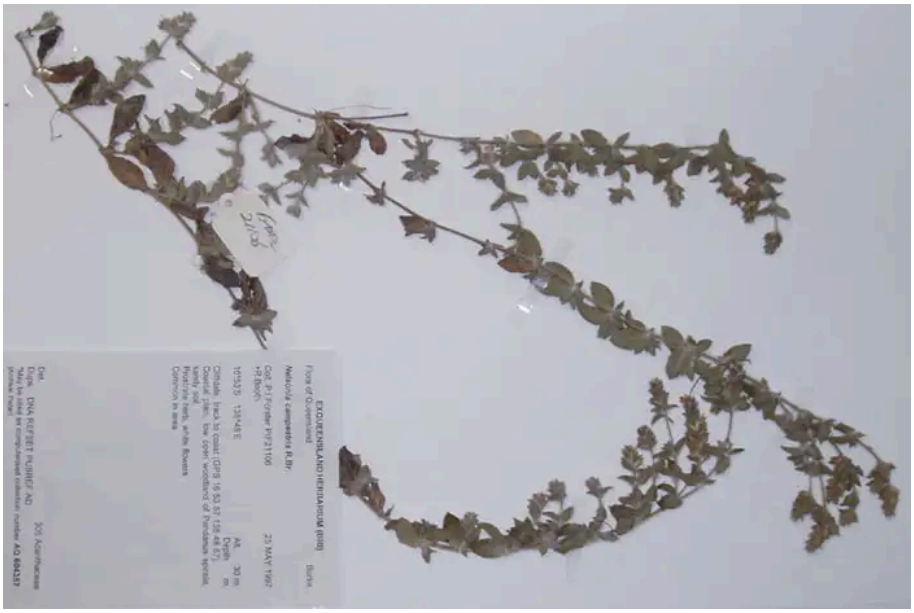
Cultivation

Plants can be grown from seed or by stems with roots.

NOTES

There are about 5 Nelsonia species. They grow in the tropics.

PICTURES



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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/3c79dedc-1a1e-446c-a868-640b2175788a