PLANT FACT SHEET

Commelina diffusa Burm. f.

GENUS *Commelina* **FAMILY** Commelinaceae

COMMON NAMES Wandering Jew, Spreading Dayflower

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable, Stems, Roots

The young leaf tips are cooked and eaten. They are often stewed with pork.
They are also used in soups.

DESCRIPTION

A small leafed, straggling herb, with blue flowers. It continues to grow from year to year. It can grow to 1 m long. The stems are weak. The stem is fleshy, and it roots at the nodes. The leaves are alternate and sword shaped. They are 4-10 cm long. They have short stalks and a stem clasping sheath. The flowers are blue and 2.5-3 cm across. One of the 3 petals is smaller than the others. The seeds have fine patterns on one side. They are angular and about 2 mm long.

HABITAT

A tropical plant. It grows in moist places. It can grow in shady places. It occurs from sea level up to about 1600 m altitude in the tropics. In Ethiopia it grows between 500-2,400 m above sea level. In Yunnan.

PRODUCTION

Cultivation

It grows easily from stem pieces. It prefers poorly drained soil, in open sunny positions, but can grow quite well in shady places. Plants can also be grown from seed.

NOTES

There are about 230 Commelina species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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