PLANT FACT SHEET

# *Vitex trifolia* L.

**GENUS** *Vitex* **FAMILY** Lamiaceae

**COMMON NAMES** Common blue vitex

## EDIBLE PARTS AND USES

**Edible parts:** Leaves

## DESCRIPTION

A large shrub or small tree. It can be 5 m tall. The stems are covered with soft hairs. The leaves are opposite along the stems. They have 3 leaflets. These can be 1-12 cm long. The leaves are green on the upper surface and greyish green underneath. The flowers are in clusters 18 cm long. The flowers are purple. The fruit are fleshy and 6 mm long. They contain 4 small black seeds.

## HABITAT

It is a tropical plant. It grows near the coast. In XTBG Yunnan.

## PRODUCTION

### Cultivation

Plants can be grown from seeds and cuttings.

## NOTES

They are also used in medicine. Also put in the family Verbenaceae.

## PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

## REFERENCES


Anon., 2003, Native Plants for the Fitzroy basin. Society for Growing Australian Plants Inc. (Rockhampton Branch) p 76

Bourret, D., 1981, Bonnes-Plantes de Nouvelle-Caledonie et des Loyaute. ORSTOM. p 83

Cabalion, P. and Morat, P., 1983, Introduction le vegetation, la flore et aux noms vernaculaires de l'ile de Pentcoste (Vanuatu), In: Journal d'agriculture traditionnelle et de botanique appliquee JATBA Vol. 30, 3-4 (As Vitex trifolia var. bicolor)

Cowie, I, 2006, A Survey of Flora and vegetation of the proposed Jaco-Tutuala-Lore National Park. Timor-Lests (East Timor) www.territorystories.nt/gov.au p 55

http://www.ntbg.org/plants/plant details.php

Jackes, B. R., 2010, Plants of Magnetic Island. 3rd Edition. James Cook University, Australia. p 66

Jha, S. K., 2023, Wild Edible Plants of Andaman and Nicobar Islands. Annals of Plant Sciences Volume 12, Issue 09 (2023) pp. 5926-5938

Liefting, A., et al, Samoan plant names. http://en.wikipedia.org

Melzer, R. & Plumb, J., 2011, Plants of Capricornia. Belgamba, Rockhampton. p 155

Samy, J., Sugumaran, M., Lee, K. L. W., 2009, Herbs of Malaysia, Marshall Cavendish. p 222

Sukarya, D. G., (Ed.) 2013, 3,500 Plant Species of the Botanic Gardens of Indonesia. LIPI p 732

Thaman, R. R., 1987, Plants of Kiribati: A listing and analysis of vernacular names. Atoll Research Bulletin No. 296

Thaman, R. R., 1992, Batiri Kei Baravi: The Ethnobotany of Pacific Island Coastal Plants. Atoll Research Bulletin. No. 361.

Thaman, R. R, 2016, The flora of Tuvalu. Atoll Research Bulletin No. 611. Smithsonian Institute p 120

Waruruai, J., et al, 2011, An ethnobotanical survey of medicinal plants used in the Siwai and Buin districts of the Autonomous Region of Bougainville. J Ethnopharmacol . 2011 November 18; 138(2): 564–577

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

**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/3e8f4b9c-7e54-4d41-92f4-0ea243cb0f07