PLANT FACT SHEET

Volkameria ligustrina Jacq.

GENUS *Volkameria* **FAMILY** Lamiaceae

COMMON NAMES Mostle

EDIBLE PARTS AND USES

Edible parts: Leaves - flavouring, Spice

The leaves are used to flavour fish and sweet potatoes.

DESCRIPTION

A herb.

HABITAT

It is a tropical plant.

NOTES

Also put in the family Verbenaceae.

REFERENCES

Hellmuth, N. M., 2013, Maya Ethnobotany. FLAAR Reports. p 16 (As Clerodendrum ligustrinum)

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 243 (As Clerodendrum ligustrinum)

Piedra-Malagón, E. M., et al, 2022, Edible native plants of the Gulf of Mexico Province. Biodiversity Data Journal 10: e80565 p 20

Vazquez-Garcia, V., et al, 2004, Uncultivated Foods in Southern Veracruz, Mexico: Establishing the Links between Ecosystem Health, Food Availability, and Human Nutrition. EcoHealth 1, 131-143 (As Clerodendrum ligustrinum)

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/3ef85b4e-3bb5-4395-a4a0-e91b928acd11