PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Phytolacca esculenta van Houtte

GENUS *Phytolacca* **FAMILY** Phytolaccaceae

COMMON NAMES Indian pokeweed

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Vegetable

The leaves are cooked and eaten. They are also roasted in oil or put into soups.
The roots are also eaten.

DESCRIPTION

A herb. It grows to 1 m tall. The leaves are broadly oval and they taper to the tip. They are 10-30 cm long by 5-15 cm wide. The flower clusters are 5-20 cm long and compact. The flowers have 8 stamens,

HABITAT

A tropical plant. It grows between 500-3,400 m above sea level.

NOTES

There are 25 Phytolacca species.
Medicine.

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