PLANT FACT SHEET

Deeringia polysperma (Roxb.) Moq.

GENUS *Deeringia* **FAMILY** Amaranthaceae

COMMON NAMES Bayambang

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are cooked and eaten as a vegetable.

DESCRIPTION

A slightly shrubby plant 1 to 2 metres long and green. It normally grows erect. The stems are hairy on young parts. The leaves are alternate along the stem. They are on 1-5 cm long leaf stalks. The leaf blade is 8-20 cm long by 3-7 cm wide. The leaves have a fine warty appearance. The flower cluster can have one branch. The flowers have both sexes. The fruit is a berry which is slightly flattened and 3-5 cm across. They can contain 20 or more seeds. The seeds can be 1 cm across and black and finely warty.

HABITAT

A tropical plant. It occurs in pasture land in the Philippines. In Papua New Guinea is occurs in moist places near water courses. It grows from sea level to 1,000 m altitude.

NOTES

There are about 6-12 Deeringia species.

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