PLANT FACT SHEET

Lippia dulcis Trevir.

GENUS *Lippia* **FAMILY** Verbenaceae

COMMON NAMES Aztec sweet-herb, Rough fogfruit

EDIBLE PARTS AND USES

Edible parts: Leaves, Root

Lippia dulcis contains a sweetener 1,000 times sweeter than sucrose.
The leaves can be eaten in salads or used as a condiment. They are chewed for their very sweet flavour. The used like mint.
The licorice flavoured roots are also chewed.
Caution:

DESCRIPTION

An evergreen tree. It grows 6 m tall and spreads 2.5 m wide. The stem is erect. The bark is rough and the branches occur in pairs. The leaves are oval and in pairs. They taper to the tip. The flowers are small and yellow. They are in the axils of leaves.

HABITAT

It is a tropical plant. It does best in a rich, moist soil. It needs a protected sunny position. It is sensitive to drought and frost.

PRODUCTION

Cultivation

Plants can be grown from seed or cuttings.

NOTES

It contains a very sweet compound called hernandulcin.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Bremness, L., 1994, Herbs. Collins Eyewitness Handbooks. Harper Collins. p 93 (As Phyla dulcis)

Brown, D., 2002, The Royal Horticultural Society encyclopedia of Herbs and their uses. DK Books. p 264, 312 (As Phyla scaberrima)

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 244 (As Phyla scaberrima)

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 185 (As Phyla dulcis)

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 644 (As Phyla scaberrima)

Kunkel, (As Phyla dulcis)

Nova Acta Phys.-Med. Acad. Caes. Leop.-Carol. Nat. Cur. 13(1):187. 1826 (As Phyla dulcis)

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/447529fe-bed5-4789-8d5c-055050af25d3