PLANT FACT SHEET

Ludwigia hyssopifolia (G. Don.) Exell

GENUS *Ludwigia* **FAMILY** Onagraceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Shoots, Leaves - tea

The leaves are eaten in soup.

DESCRIPTION

A herb. It grows 0.5-3 m tall. The stems can be 4 angled. The leaves are simple and 2-13 cm long by 1-2 cm wide. The flowers occur singly in the axils of leaves. The flower has 4 small petals. They are yellow and 2-3 mm long. The fruit is a capsule. It is green, red or brown. They are 15-42 mm long by 3-4 mm wide. There are several seeds.

HABITAT

A tropical plant. It grows in wet places in tropical Asia. It grows on coastal floodplains. It grows on the banks of ponds. In tropical Queensland it grows from sea level to 810 m altitude. In Yunnan.

NOTES

There are about 80 Ludwigia species. They grow in the tropics.

REFERENCES

Cooper, W. and Cooper, W., 2004, Fruits of the Australian Tropical Rainforest. Nokomis Editions, Victoria, Australia. p 380

Dunlop, C.R., Leach, G.J. & Cowie, I.D., 1995, Flora of the Darwin Region. Vol 2. Northern Territory Botanical Bulletin No 20. p 138

Fernandes & Ros. Fernandes, Garcia de Orta 5:471. 1957

Lamp, C & Collet F., 1989, Field Guide to Weeds in Australia. Inkata Press. p 161

Li, D. et al, 2017, Ethnobotanical survey of herbal tea plants from the traditional markets in Chaoshan, China. Journal of Ethnopharmacology. 205 (2017) 195-206

Paczkowska, G . & Chapman, A.R., 2000, The Western Australian Flora. A Descriptive Calatogue. Western Australian Herbarium. p 414

Phon, P., 2000, Plants used in Cambodia. © Pauline Dy Phon, Phnom Penh, Cambodia. p 407

Sujanapal, P., & Sankaran, K. V., 2016, Common Plants of Maldives. FAO & Kerala FRI, p 168

Teron, R. & Borthakur, S. K., 2016, Edible Medicines: An Exploration of Medicinal Plants in Dietary Practices of Karbi Tribal Population of Assam, Northeast India. In Mondal, N. & Sen, J.(Ed.) Nutrition and Health among tribal populations of India. p 153 (As Fissendocarpa linifolia)

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/46796e70-75be-49c9-9b06-bff1166ec8e8