PLANT FACT SHEET

Commelina maculata Edgew.

GENUS *Commelina* **FAMILY** Commelinaceae

EDIBLE PARTS AND USES

Edible parts: Shoots, Roots

The young shoots and roots are eaten as a vegetable.

DESCRIPTION

A herb that keeps growing from year to year. It has creeping or underground stems.

HABITAT

It is a subtropical plant. It grows between 1,500-2,500 m above sea level.

REFERENCES

Chaudhary, R.P. (Ed.), et al, 2021, Flora of Jailash Sacred Landscape Nepal. An Annonated Checklist - Volume 1 Research Centre for Applied Science and Technology (RECAST), Tribhuvan University, Kirtipur, Kathmandu, Nepal. p 96

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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/4bd3747d-8d1a-4dc5-b924-fba2ca9001ce