PLANT FACT SHEET

Conostomium quadrangulare (Rendle) Cufod.

GENUS *Conostomium* **FAMILY** Rubiaceae

COMMON NAMES Sweet flowers

EDIBLE PARTS AND USES

Edible parts: Flowers - nectar

DESCRIPTION

A herb. It can grow for one or more years. It grows 30-60 cm tall. It is only slightly branched. The root is woody and the stem has 4 ribs. The leaves are narrow and 2-9 cm long by 1-2 cm wide. They taper to the tip. The flowers do not have stalks and are in the axils of leaves. They form a leafy spike like group. These are 10-25 cm long. The lowers form a long tube and are green outside with a red tinge. The fruit is an oval capsule 5-7 mm long with 8 ribs. The seeds are chestnut brown and shiny. They are 3 sided.

HABITAT

It is a tropical plant. It grows in bush land in the lowlands and at medium altitudes. It is often in sandy places along temporary streams. It grows between 60 and 1,350 m above sea level in East Africa.

PRODUCTION

Cultivation

Plants can be grown from seed.

NOTES

It is used in medicine.

REFERENCES

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