PLANT FACT SHEET

Argyrella canescens (R. A. Graham) Harv.

GENUS *Argyrella* **FAMILY** Melastomataceae

COMMON NAMES Marsh dissotis

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked and eaten.

DESCRIPTION

A shrub. It has soft wood. The branches are erect. It grows 1.2 m high. It has small grey star shaped hairs. The leaf blade is sword shaped. It is often most broad below the middle. There are several main veins coming from the base. The leaves are 8 cm long by 2 cm wide. The flowering clusters are in the axils of leaves. The flowering shoots are long leafy groups. The flowers have 5 parts. They are red to purple. The fruit is enclosed in an enlarged tube.

HABITAT

It is a tropical plant. In Swaziland it occurs in the high veld only. It grows in marshy places. It is often along streams. In Zimbabwe it grows up to 1,400 m above sea level.

PRODUCTION

Cultivation

The plant can be grown from seeds, cuttings or sections of rooted runners.

Harvesting and Seed Production

It is fast growing.

NOTES

There are about 140 Dissotis species.

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