PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Heimia myrtifolia Cham. & Schltdl.

GENUS *Heimia* **FAMILY** Lythraceae

EDIBLE PARTS AND USES

Edible parts: Leaves - drink

The leaves are used to make a fermented drinks.

DESCRIPTION

A shrub. It grows 1.5 m tall. The leaves are 2-3 cm long and 5 mm wide. The flowers are yellow and 1 cm across and have 5 petals.

HABITAT

It is a subtropical plant. It grows in hardiness zones 7-10. It suits the seasonally dry tropics.

REFERENCES

Ferns, Plants For A Future.
World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

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/5785812f-2ce2-4363-b8b5-eab8649cc36a