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.

Hilleria latifolia (Lam.) Walter

GENUS *Hilleria* **FAMILY** Petiveriaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Buds, Fruit, Vegetable

It is considered toxic but also used as a vegetable. It can cause severe diarrhoea.
The dried fruit are used as a relish.
The leaves are cooked and eaten as a leafy vegetable.

DESCRIPTION

A shrubby annual herb. It grows 2 m tall. The stems are erect. They are slender and branched. The leaves are alternate and simple. The leaf blade is 8-16 cm long by 4-8 cm wide.

HABITAT

A tropical plant. It grows in forests near rivers. It grows between 500-1,600 m altitude. In Argentina it grows below 1,000 m above sea level.

NOTES

There are 3 Hilleria species. It is also put in the family Phytolaccaceae

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PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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