PLANT FACT SHEET

# *Wendlandia budleioides* Wall. ex Wight & Arn.

**GENUS** *Wendlandia* **FAMILY** Rubiaceae

## EDIBLE PARTS AND USES

**Edible parts:** Flowers, Leaves

The flowers are fried and eaten.
The young leaves are used in salads.

## DESCRIPTION

A shrub or small tree. It grows 2-14 m tall. The small branches are red brown. The young branches have small hairs. The leaves are opposite and broadly oval. They are 14-24 cm long by 6-11 cm wide. The flowers are congested on secondary branches. They are 20-28 cm long by 14-24 cm wide.

## HABITAT

It is a tropical plant.

## PRODUCTION

### Harvesting and Seed Production

In India plants flower February to April.

## REFERENCES


Kar, A., et al, 2013, Wild Edible Plant Resources used by the Mizos of Mizoram, India. Kathmandu University Journal of Science, Engineering and Technology. Vol. 9, No. 1, July, 2013, 106-126 (As Wendlandia grandis)

Khodram,S. D., et al, 2019, Local knowledge of edible flowers used in Mizoram. Indian Journal of Traditional Knowledge Vol 18(40 pp 715-723

Shin, T., et al, 2018, Traditional knowledge of wild edible plants with special emphasis on medicinal uses in Southern Shan State, Myanmar. Journal of Ethnobiology and Ethnomedicine (2018) 14:48



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