PLANT FACT SHEET

Hygrophila ringens (L.) R. Br. ex Spreng.

GENUS *Hygrophila* **FAMILY** Acanthaceae

EDIBLE PARTS AND USES

Edible parts: Medicine

DESCRIPTION

A herb. It grows 80 cm tall. The stems are 4 angled. The leaves are narrowly sword shaped and 3-10 cm long by 0.5-1.5 cm wide. There can be 2-10 flowers in a cluster in the axils of the leaves. They are pale purple.

HABITAT

It is a subtropical and tropical plant.

REFERENCES

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/667be80f-befe-46ac-b130-a87c51d05ed3