PLANT FACT SHEET

Thelethylax minutiflora (Tul.) C. Cusset

GENUS *Thelethylax* **FAMILY** Podostemaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb. It grows in water in rivers. It has green ribbon-like roots and finger like holdfasts. Shoots arise from buds along the roots. There are leafy shoots with leaves that repeatedly divide and then flowering shoots.

HABITAT

A tropical plant.

NOTES

The Podostemaceae occur in water in seasonal ponds in the tropics and warm temperate regions. They are like mosses or algae.

REFERENCES

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Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 83 (As Inversodicraea minutiflora) and p 95 (As Podostemum minutiflorus)

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 213 (As Inversodicraea minutiflora) and (As Podostemum minutiflorus)

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