PLANT FACT SHEET

Lobelia anceps L. f.

GENUS *Lobelia* **FAMILY** Campanulaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The young leaves are chopped and cooked.
Caution:

DESCRIPTION

A small herb. It grows each year from seed. It has slender winged stems. It grows 30 cm high. The leaves are alternate , simple and well spaced. The upper leaves are long and narrow. The leaves near the base are 3 cm long. The leaves have small teeth. The flowers are small and pale blue. They are along stalks that can be at the end of the stems or in the axils of leaves. The fruit are dry narrow capsules.

HABITAT

It is a tropical plant. It grows in damp places. It can be be near streams and on coastal sand. In Tanzania it grows from sea level to 1,800 m above sea level.

PRODUCTION

Cultivation

It can be grown from seeds or cuttings.

Harvesting and Seed Production

Leaves are collected during the rainy season.

REFERENCES

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 562

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 141

Ruffo, C. K., Birnie, A. & Tengnas, B., 2002, Edible Wild Plants of Tanzania. RELMA p 442 (As Lobelia fervens subsp. fervens)

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6891c795-d3b8-4b14-870b-2a9ec47eb2c5