PLANT FACT SHEET

Lagerstroemia balansae Koehne

GENUS *Lagerstroemia* **FAMILY** Lythraceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Shoots

Young leaves are eaten as a fresh vegetable.

DESCRIPTION

A tree. It grows about 20 m tall. The branches are slender. The bark is pale brown. The young shoots and small leaves are hairy. The leaves are narrowly oval and taper to the tip. The base is rounded. They are 4-11 cm long by 2-6 cm wide. The flowering panicles are near the ends of the branches. They are hairy. The fruit is a capsule about 1 cm long. The seeds has wings.

HABITAT

It is a tropical plant. It suits the wet tropics.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Chaiyong, S., et al, 2023, Uncovering the ethnobotanical importance of community forests in Chai Nat Province, Central Thailand. BIODIVERSITAS 24 (4): 2052-2063 (As Lagerstroemia cochinchinensis)

Tanaka, Y & Van Ke, N., 2007, Edible Wild Plants of Vietnam. Orchid Press. p 88 (As Lagerstroemia cochinchinensis var. ovalifolia)

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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/6b4da26e-2eba-4f9c-9470-8e949556c3de