PLANT FACT SHEET

Lagerstroemia speciosa (L.) Pers.

GENUS *Lagerstroemia* **FAMILY** Lythraceae

COMMON NAMES Giant crepe myrtle, Banaba

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Dried fruit - tea

The young leaves are used as a raw vegetable.
Caution: Pregnant women should probably not use the leaves.

DESCRIPTION

A tree. It grows 20 m tall. The trunk is short and twisted. The crown is dense and rounded. The brown is cream grey and peels in thin flakes. The leaves are 8-18 cm long by 5-8 cm wide. Leaves are smooth. Old leaves become orange-red. The flowers are 5-8 cm across. They are bright pink to purple. They are in clusters 30-40 cm long near the crown. The fruit are 2-3 cm wide.

HABITAT

It is a tropical plant. It grows in forests and along roadsides in Vietnam. In Rockhampton Botanical gardens.

PRODUCTION

Cultivation

Plants can be grown from seeds.

NOTES

The leaf extract is used to lower blood sugar in diabetes.

PICTURES



Credit: Food Plants International (Bruce French)

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6daf89e4-473b-41dc-ad82-af5617fcf556