PLANT FACT SHEET

Asystasia nemorum Nees

GENUS *Asystasia* **FAMILY** Acanthaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves and branches are stir fried and then soaked in boiling water.

DESCRIPTION

A herb. It grows 1 m tall. It is covered with soft hairs. The leaves are narrowly oval and 6-12 cm long by 3-5 cm wide. They have hairs along the veins underneath the leaf.

HABITAT

It is a tropical plant.

REFERENCES

Liu, S., et al, 2023, Wild edible plants and their cultural significance among the Zhuang ethnic group in Fangchenggang, Guangxi, China. Journal of Ethnobiology and Ethnomedicine. 19:5

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6fc2ec2b-b835-43bc-910e-eab57c4ef1a0