PLANT FACT SHEET

Begonia glabra Aubl.

GENUS *Begonia* **FAMILY** Begoniaceae

COMMON NAMES Trailing begonia

EDIBLE PARTS AND USES

Edible parts: leaves

DESCRIPTION

A climbing herb. It can grow 1 m tall. The leaves are simple and alternate. They are heart shaped with teeth along the edge. The flowers are white.

HABITAT

It is a subtropical plant. It suits hardiness zone 10.

REFERENCES

Mapes, C. & Basurto, F., 2016, Biodiversity and Edible Plants of Mexico. Chapter 5 in R. Lira, et al. (eds.), Ethnobotany of Mexico, Ethnobiology, Springer. p 114

Pena, F. B., et al, 1998, Los quelites de la Sierra Norte de Puebla, Mexico: Inventory Y Formas de Preparacion. Bol. Soc. Bot. Mexico 62:49-62

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/701f2689-2995-41e4-8546-402b52627c30