PLANT FACT SHEET

Spilanthes iabadicensis H. H. Moore

GENUS *Spilanthes* **FAMILY** Asteraceae

COMMON NAMES Legetan

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable, Flowers

Young leaves are eaten as a vegetable. Older leaves are pungent.
Young flower heads are also eaten.

DESCRIPTION

A herb. It is an annual plant or can live for a few years. It is upright and has many branches. It grows 80 cm tall. The leaves are opposite. They are oval and taper to the tip. There are teeth along the edge. The flower arrangement is cone shaped.

HABITAT

A tropical plant. It grows in rice fields and other swampy places.

PRODUCTION

Cultivation

Plants can be grown from seed.

REFERENCES

Jiwajinda, S., et al, 2002, Suppressive Effects of Edible Thai Plants on Superoxide and Nitric Oxide Generation. Asian Pacific Journal of Cancer Prevention, Vol 3, 2002

Kays, S. J., and Dias, J. C. S., 1995, Common Names of Commercially Cultivated Vegetables of the World in 15 languages. Economic Botany, Vol. 49, No. 2, pp. 115-152

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 186

Romanowski, N., 2007, Edible Water Gardens. Hyland House. p 115

Tanaka, Y. & Van Ke, N., 2007, Edible Wild Plants of Vietnam: The bountiful garden. Orchid books. p 54

Terra, G.J.A., 1973, Tropical Vegetables. Communication 54e Royal Tropical Institute, Amsterdam, p 76

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/71f27c2a-ecf9-479d-86dc-a4e4a82296f1