PLANT FACT SHEET

Plectranthus barbatus Andrews

GENUS *Plectranthus* **FAMILY** Lamiaceae

COMMON NAMES Indian coleus

EDIBLE PARTS AND USES

Edible parts: Seeds - spice, Tubers, Root

The young nutlets are added as flavouring to pickles and roasted foods.
The tubers are eaten.

DESCRIPTION

A herb. It has a thickened fleshy rootstock. It keeps growing from year to year. The stems are erect. They only have a few branches. It is 20-30 cm high. It can be 75 cm high. The leaves have short stalks. The leaves are oval and have teeth along the edge. They are 4-8 cm long by 2-4.5 cm wide. They are hairy on both surfaces. The flowers are in spike like groups 10-20 cm long. The flowers are pale blue in spikes forming a ring.

HABITAT

A tropical and subtropical plant. It grows throughout Nepal between 1000-2500 m altitude. It grows in openings in pine forests. It is rare in Swaziland.

PRODUCTION

Cultivation

Plants are grown from seeds or suckers.

NOTES

There are about 250 Plectranthus species. They are mainly in the tropics.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/7a2e6f63-bc4e-41e1-a65d-ec8151456734