PLANT FACT SHEET

# *Phyllanthus maderaspatensis* L.

**GENUS** *Phyllanthus* **FAMILY** Phyllanthaceae

**COMMON NAMES** Quail grass

## EDIBLE PARTS AND USES

**Edible parts:** Leaves

The young leaves are cooked in curries with pulses. They are harvested before the plant flowers.

## DESCRIPTION

A herb or small shrub. It can grow for one or more years. It grows 10-60 cm high. Leaves are broadly sword shaped and 1-3 cm long by up to 1 cm wide. The fruit are round with 3 lobes. They are 3 mm across.

## HABITAT

It is a tropical and subtropical plant. It grows on sandy soils and limestone. It grows from sea level to 1,500 m above sea level.

## NOTES

It is used in medicine.

## REFERENCES


Karthi, Sathya, & Salome, 2014, Uncultivated Edible Greens from Small Millet Farms Tamil Nadu India. IDRC

Kuhnlein, H. V., et al, 2009, Indigenous Peoples' food systems. FAO Rome p 192

Rajkalkshmi, P. et al, 2001, Total carotenoid and beta-carotene contents of forest green leafy vegetables consumed by tribals of south India. Plant Foods for Human Nutrition 56:225-238

Topp, J. M. W., 1988, An Annotated Check List of the Flora of Diego Garcia, British Ocean Territory. Atoll Research Bulletin No. 313

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew



**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/7a95ff30-07bc-407d-92b4-23c6f097f82e