PLANT FACT SHEET

Tragia insuavis Prain

GENUS *Tragia* **FAMILY** Euphorbiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are chopped and cooked alone or mixed with other vegetables.
Caution: It has stinging hairs.

DESCRIPTION

A slender twining or trailing herb. It keeps growing from year to year. There are stinging hairs on the stems and leaves. The stems come from a woody rootstock. The stems twine anticlockwise. The leaves are alternate and oval. They are heart shaped at the base. The stalk is 1-6 cm long. The leaf blade is 4-10 cm long. They are bright green above and more pale underneath. The flowers are yellow to green. The are very small. The male and female flowers are separate. They are beside the leaves on the stalk. The fruit is a lobed capsule.

HABITAT

It is a tropical plant. It grows in woodland and can be beside lakes and rivers. In Tanzania it grows between 500-1,300 m above sea level.

PRODUCTION

Cultivation

Plants can be grown from seeds.

Harvesting and Seed Production

Leaves are collected during the rainy season.

REFERENCES

Ruffo, C. K., Birnie, A. & Tengnas, B., 2002, Edible Wild Plants of Tanzania. RELMA p 666

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/7bf5f1f7-d8bc-4683-861a-63d5126d304b