PLANT FACT SHEET

Coleus forskohlii (Poir.) Briq.

GENUS *Coleus* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Root

The roots are boiled and eaten. They are used like potatoes. They are also pickled.

DESCRIPTION

A herb. It can be erect or curve up at the tips. The stems are robust. They are about 40 cm high. They are branched. The leaf stalk is about 1.5 cm long. The leaf blade is oval and 7.5-13 cm long by 4.5-7 cm wide. They can be densely covered with a fine hair layer. The edges can be irregular. The flowering stalks are 11 cm long with 6 flowers in a ring. The flowers are purple-blue. The nutlets are round but flattened.

HABITAT

A tropical and subtropical plant. It occurs in high altitude locations about 2300 m altitude. In Yunnan.

PRODUCTION

Cultivation

Plants can be grown from seeds or cuttings.

NOTES

There are between 90 and 150 Coleus species.
Coleus forskohlii (Willd.) Briq. is an accepted name and Coleus forskohlii (Poir) Briq.is a synonym of Plectranthus barbatus var. barbatus

PICTURES



Credit: Food Plants International (Bruce French)

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Wild edible plants of Himachal Pradesh

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/7e5adb56-ce56-4b30-8c6d-6dd3c2999451