PLANT FACT SHEET

Stachytarpheta cayennensis (L. C. Richard) Vahl

GENUS *Stachytarpheta* **FAMILY** Verbenaceae

COMMON NAMES Nettle-leaved vervain, Snakeweed

EDIBLE PARTS AND USES

Edible parts: Leaves - flavouring, Vegetable, bud, Stems

The stem tips are used as a spice and also as a tea.

DESCRIPTION

An erect woody herb or shrub. It keeps growing from year to year. It grows 1-2 m high. The leaves are opposite and have shallow teeth. They are 5-11 cm long by 3-5 cm wide. The flowers are in a group at the top of the plant. The flowers are blue. They are 2 mm across. The fruit are 3-4 mm long by 2 mm wide. They contain 2 nutlets.

HABITAT

It is a tropical plant. It grows on clay and loam soils and along the edges of creeks. In Africa it grows between 10-1,200 m above sea level. In Argentina it grows below 500 m above sea level.

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