PLANT FACT SHEET

Rungia parviflora (Retz.) Nees

GENUS *Rungia* **FAMILY** Acanthaceae

COMMON NAMES Small flowered rungia

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaf buds are cooked as a vegetable.

DESCRIPTION

A herb. The leaves have short stalks. They are 1.5-5 cm long by 0.5-1.6 cm wide. They are oval. The flowers are blue. They occur in the axils of leaves and in spikes without stalks at the ends of branches. The fruit is a capsule. It is oval.

HABITAT

It is a tropical and subtropical plant. In Nepal if grows up to about 2000 m altitude. It grows in open places and rock crevices.

PRODUCTION

Cultivation

It is grown from seed.

REFERENCES

Horo, S. & Topno S., 2015, Lesser known wild leafy vegetables consumed by "Ho" tribes of W. Singhbhum district, Jharkhand, India. Journal of Medicinal Plants Studies. 3(5):155-159

Kumari, B. & Solanki, H., 2019, The Traditional Knowledge of Wild Edible Leaf used by Tribal People in Chhattisgarh. International Journal of Plant and Environment (2019), Vol. 5(4) :284-292

Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 407

Marandi, R. R. & Britto, S. J., 2015, Medicinal Properties of Edible Weeds of Crop Fields and Wild plants Eaten by Oraon Tribals of Latehar District, Jharkhand. International Journal of Life Science and Pharma Research. Vo. 5. (2) April 2015

Sinha, R. & Lakra, V., 2007, Edible weeds of tribals in Jharkhand, Orissa and West Bengal. Indian Journal of Traditional Knowledge 6(1) January 2007 pp 217-222

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/89f53029-3996-41e8-af20-7e8bd76f1605