PLANT FACT SHEET

Begonia spp.

GENUS *Begonia* **FAMILY** Begoniaceae

EDIBLE PARTS AND USES

Edible parts: Stalks, Leaves

The sour leaves and stems are cooked and eaten in meat and fish dishes.
The stalks of some kinds are eaten.
The leaves are also used for flavouring.
(Some kinds are used for medicine.)

DESCRIPTION

A succulent creeping herb. The stems are often small. The leaves are alternate, entire and toothed. They are usually unequal on different sides. The flowers are white or pink and in the axils of leaves. The flowers are large. The fruit are usually winged and angular and bear many very small seeds.

HABITAT

A tropical plant. They are found throughout the forests of the Philippines. It occurs in the highlands and prefers part shade for growing.

NOTES

There are 900-1,000-1,500 Begonia species.

PICTURES



Credit: Food Plants International (Bruce French)



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REFERENCES

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Monsalud, M.R., Tongacan, A.L., Lopez, F.R., & Lagrimas, M.Q., 1966, Edible Wild Plants in Philippine Forests. Philippine Journal of Science. p 445

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8bfcc14e-840f-49f0-9583-f63d701316d6