PLANT FACT SHEET

Plectranthus bojeri (Benth.) Hedge

GENUS *Plectranthus* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Tubers, Root

DESCRIPTION

A herb. It can grow each year from seed or last for a few years. It grows 1 m tall. The stems are 4 angled and can form roots at the nodes. They are hairy. The leaves are opposite and oval. They are 12 cm long. The edges have teeth. The flower heads are loose with 10-30 flowers. They are blue to purple.

HABITAT

A tropical plant. It grows between 700 and 2,100 m above sea level.

NOTES

There are between 90 and 150 Coleus species.

REFERENCES

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 12 (As Coleus bojeri) (Also as Plectranthus cymosus)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8e94a904-5ef7-437d-b3c5-ac646dafc258