PLANT FACT SHEET

Acanthus montanus (Nees) T. Anderson

GENUS *Acanthus* **FAMILY** Acanthaceae

COMMON NAMES Mountain thistle

EDIBLE PARTS AND USES

Edible parts: Leaves, Plant - salt

DESCRIPTION

A herb which keeps growing from year to year. It grows 70-170 cm high. It spread 1-2 m wide. The branches are sprawling and lie over. The leaves are oval with deep lobes. They taper to pointy tips. The leaves are 20-25 cm long. There are sharp teeth around the edge. The flowers are in long spikes at the ends of branches. The flowers have a lip which is pale pink and the veins are purple. There are green, leaf-like bracts which are spiny.

HABITAT

A tropical plant. It grows naturally in tropical West Africa. It suits hardiness zones 10-11. It needs a fertile well drained soil. It grows in mountain forest in the understorey.

PRODUCTION

Cultivation

Plants can be grown from seeds or by cuttings.

NOTES

There are about 30-50 Acanthus species. There are about 3,000 Acanthaceae family plants. They are mostly tropical and subtropical. The family are mostly herbs or shrubs.

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