PLANT FACT SHEET

Premna cordifolia Roxb.

GENUS *Premna* **FAMILY** Lamiaceae

COMMON NAMES Bebuas, Beremi

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are used in salads. They are eaten with rice.

DESCRIPTION

A shrub. It grows 2-4 m tall. It has many branches. The leaves are oval and 7-15 cm long by 3-9 cm wide. They are yellow-green.

HABITAT

It is a tropical plant.

NOTES

Also put in the family Verbenaceae.
Young leaves stimulate milk production for mothers

REFERENCES

Ali M. S. M., 2008, Analysis of Phenolics and Other Phytochemicals in Selected Malaysian Traditional Vegetables and Their Activities In Vitro. PhD thesis University of Glasgow.

Hoe, V. B. & Siong, K. H., 1999, The nutritional value of indigenous fruit and vegetables in Sarawak. Asia Pacific J. Clin. Nutr. 8(1):24-31 (As Premna cordifolia Wight)

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World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

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/915af1b8-4afa-4c01-b43c-ee6dbe0445f9