PLANT FACT SHEET

Monechma debile (Forssk.) Nees

GENUS *Monechma* **FAMILY** Acanthaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Roots, Tubers, Rhizomes

The leaves are cooked in vegetable dishes.
The tubers and rhizomes are also cooked and eaten. They are roasted in the ashes under the fire.

DESCRIPTION

An annual herb. It grows 50 cm high. It has fine hairs. The leaves on the main stem have stalks 2 cm long. The leaves are sword shaped and 10 cm long by 2 cm wide. The flowering shoots are at the ends of branches and in the axils of leaves. These have clusters of flowers. The fruit are about 5 mm long and downy.

HABITAT

It grows in the lowveld in Swaziland. It grows in a variety of locations especially disturbed ground. It is best on well-drained sandy soil. It grows from 15 to 1,500 m above sea level. It can grow in arid places.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/920346b4-9736-4f6a-93e8-5a37e5d1ef3d