PLANT FACT SHEET

Hydrolea zeylanica (L.) Vahl

GENUS *Hydrolea* **FAMILY** Hydroleaceae

COMMON NAMES Ceylon hydrolea

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers

The young leaves are cooked and eaten as a vegetable.

DESCRIPTION

An annual herb. It can be erect or lie over. It can root from the lower nodes. It grows 10-60 cm tall. The leaves have stalks. The leaves are alternate and 1-6 cm long by 0.2-1.3 cm wide. They are oval. Leaves narrow towards the base. The flowers are blue. They occur in clusters at the end of the branches. The seeds are oblong and 0.3-0.4 mm long.

HABITAT

It is a tropical plant. It grows in paddy fields and wet ground. In Nepal it grows up to about 1200 m altitude. In China it grows in swampy ground up to 1000 m altitude. It grows in wetlands. In Yunnan.

PRODUCTION

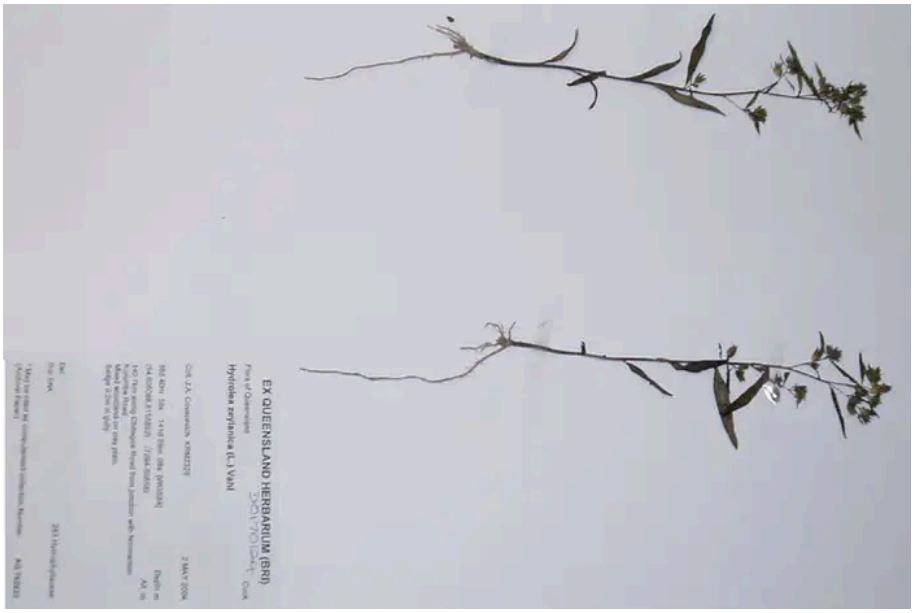
Cultivation

Plants are grown from root offshoots.

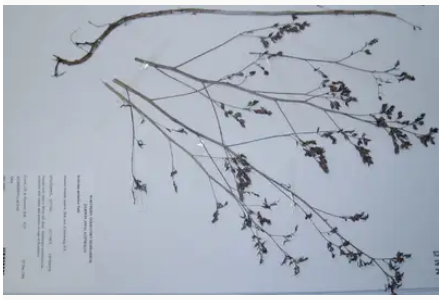
NOTES

There are between 11 and 20 Hydrolea species. Also put in the family Hydrophyllaceae.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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