PLANT FACT SHEET

Boerhavia chinensis (L.) Rottb.

GENUS *Boerhavia* **FAMILY** Nyctaginaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked and eaten in times of food shortage.
Young stalks and leaves are eaten as vegetables.

DESCRIPTION

A creeping herb. The leaves are heart shaped to oval. The fruit are covered with glands.

HABITAT

A tropical plant. It grows in tropical and subtropical regions.

NOTES

There are about 40 Boerhavia species. They are mostly in the tropics and subtropics. It is used in medicine. There still seems to be confusion over Boerhavia chinensis (L.) Asch. & Schweinf. and Boerhavia chinensis (L.) Rottb. as a synonym of Commicarpus chinensis.

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