PLANT FACT SHEET

Hygrophila uliginosa S.Moore

GENUS *Hygrophila* **FAMILY** Acanthaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb.

HABITAT

A tropical plant. It suits the seasonally dry tropics.

NOTES

There are about 80 Hygrophila species. They grow in the tropics.

REFERENCES

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 82 (As Hygrophila thonneri)

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 171 (As Hygrophila thonneri)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/95261a14-2c54-4487-a542-12efa7a93d50