PLANT FACT SHEET

Pluchea indica (L.) Less

GENUS *Pluchea* **FAMILY** Asteraceae

COMMON NAMES Indian sage, Indian camphorweed

EDIBLE PARTS AND USES

Edible parts: leaves - condiment, Spice, Flowers, Vegetable

The young leaves are eaten as a vegetable and as a flavouring.
The flowers are also eaten cooked.

DESCRIPTION

A small shrub. It grows 1-3 m high. It has many branches from the base. The leaves are alternate and simple. They are 1-2.5 cm long by 6-8 mm wide. The flowers occur in a panicle of heads at the ends of branches. The flower heads are 3 mm across. They are mauve. The fruit is a brown nut about 1 mm across.

HABITAT

A tropical plant. It often grows in salty locations. It grows around the coast. It is often near sea level and in mangroves. It grows in wetlands. It can be on hard, stony ground. In Java it grows up to 1,000 m above sea level.

PRODUCTION

Cultivation

Plants can be grown from seeds. It can be grown using cuttings. It can be used for hedges.

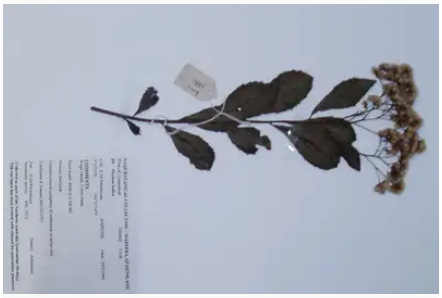
NOTES

There are about 50 Pluchea species. It is used in medicine.

PICTURES



Credit: Food Plants International (Bruce French)



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