PLANT FACT SHEET

Commelina erecta L.

GENUS *Commelina* **FAMILY** Commelinaceae

COMMON NAMES Erect dayflower, Blue commelina

EDIBLE PARTS AND USES

Edible parts: Leaves, Root

The leaves are eaten as a vegetable.

DESCRIPTION

A herb. It keeps growing from year to year. The leaves are 4-15 cm long by 1-4 cm wide. The flowers are blue.

HABITAT

It is a warm temperate plant. In Argentina it grows below 700 m above sea level. It suits hardiness zones 6-9.

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