PLANT FACT SHEET

Alternanthera littoralis (Mart.) St. Hil.

GENUS *Alternanthera* **FAMILY** Amaranthaceae

COMMON NAMES Mbimbi-tongo

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are cooked and eaten as a vegetable.

DESCRIPTION

A creeping herb. The stems can be 10 m long. They form roots at the nodes. They are fleshy. The leaves are broadly oval and fleshy. They are 4 cm long by 2 cm wide. The flowers are silvery white. They are in clusters in the axils of leaves.

HABITAT

A tropical plant. It grows near the sea on coastal sands in West Africa. It can grow in soils with a high salt content.

NOTES

There are 200 Alternanthera species.

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