



PLANT FACT SHEET

Talinum paniculatum (Jacq.) Gaertn.

GENUS *Talinum* FAMILY Talinaceae

COMMON NAMES Jewels of Opar, Flameflower

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves and stems are blanched and used in salads. They can be cooked in soups.

DESCRIPTION

A herb. It can grow each year from seed or keep growing from year to year. It is 30-100 cm tall. The root is thick. The stems are erect and fleshy. The base is nearly woody. The leaves are alternate or almost opposite. The leaf blade is oval to sword shaped and 5-10 cm long by 2.5-5 cm wide. The base is almost wedge shaped and it tapers to a short tip with a sharp point. The leaves have a pattern on them. The flower panicle is large and at the tip or near the end. It has a long stalk. The flowers are purple-red. The flowering stalk is round in cross section. The fruit are capsules.

HABITAT

It is a tropical plant. It can grow from sea level up to 2,200 m above sea level. It is best in well-drained moist soil rich in organic matter. It suits hardiness zones 9-10. In Yunnan.

PRODUCTION

Cultivation

Plants can be grown by stem cuttings. They can also be grown by seeds. Seeds are sown in light shade and seedlings appear in one week. They can be put in a nursery and transplanted. Removing flowers extends the time of leaf production.

Harvesting and Seed Production

Young shoots are picked when the plants are 30 cm tall.

NOTES

There are about 50 *Talinum* species. They grow in warm places. It is used in medicine.

Also put in the family Portulacaceae.

Presumably in a hot house in Slovenia.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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