



PLANT FACT SHEET

Coleus amboinicus Lour.

GENUS *Coleus* FAMILY Lamiaceae

COMMON NAMES Indian borage

EDIBLE PARTS AND USES

Edible parts: Leaves, Spice, Herb

The leaves have a sweet smell and used to flavour food. They are used like sage in seasonings and stuffing. They are used to flavour soup.

The leaves are used for flavouring meat. (It is a substitute for sage.) Only one leaf is used.

They are steeped in water to make tea.

DESCRIPTION

A small hairy rather succulent herb. It keeps growing from year to year. It is erect. It grows up to about 50 cm high. The base of the stem becomes woody when old. The fleshy leaves are in opposite pairs. They are egg shaped with teeth around the edge. The leaves are yellowish green and hairy. The flowers are around a central stalk and are small and pale purple. The leaves have a sweet smell.

HABITAT

It needs warm subtropical climates. It suits hardiness zone 10. In Fiji it grows from sea level to 250 m altitude. It often grows in rocky and sandy areas. At ECHO.

NOTES

There are about 250 *Plectranthus* species. They are mainly in the tropics.

PICTURES



Credit: Food Plants International (Bruce French)



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