PLANT FACT SHEET

# *Plectranthus monostachyus* (P. Beauv.) B. J. Pollard

**GENUS** *Plectranthus* **FAMILY** Lamiaceae

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Vegetable, Tuber, Root

The leaves are cooked and eaten as a potherb.

## DESCRIPTION

An annual herb. It is erect and branched. It grows 1 m tall. The stems are 4 angled. They have short hairs. The leaves are simple and opposite. They are 5-9 cm long by 3-6 cm wide. They are wedge shaped at the base and taper to a short tip. The flowers are in groups at the top. It has long flower arrangements of violet flowers. The fruit is made up of 4 nutlets. These are 1 mm across. There are 4 subspecies.

## HABITAT

A tropical plant. It grows in rocky savannah in West Africa.

## NOTES

There are about 60 Solenostemon species. They grow in the tropics. Some Solenostemon were included in Plectranthus.

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