PLANT FACT SHEET

Acanthus ebracteatus Vahl

GENUS *Acanthus* **FAMILY** Acanthaceae

COMMON NAMES Sea holly, Holly mangrove

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are used as a vegetable.

DESCRIPTION

A herb or shrub. It can be erect or spreading. It grows 1.5 m tall. It has several stems. The leaves are stiff and dark green. There are spines at the end of each deep lobe. The flowers are blue, purple or white. The fruit is a square capsule. It explodes when ripe. The seeds are flat and dull white.

HABITAT

It is a tropical plant. It grows in mangroves.

PRODUCTION

Cultivation

Plants can be grown by seeds or from cuttings.

NOTES

It is used in traditional medicine.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a707de79-c703-4ffd-b304-f78be5a26421