



PLANT FACT SHEET

Vitex negundo L.

GENUS *Vitex* FAMILY Lamiaceae

COMMON NAMES Chinese vitex, Five-leaved chaste tree, Indian Privet

EDIBLE PARTS AND USES

Edible parts: Seeds, Roots - tea, Leaves - tea, Fruit, Leaves

The seeds are washed to remove the bitter element then ground into flour.

They are boiled and eaten. They are also used as a condiment.

Both the roots and leaves are made into a tea like drink. The young leaves are cooked and eaten as a vegetable.

The fruit are eaten.

The leaves are used to colour rice.

DESCRIPTION

A small bush. It loses its leaves during the year. It can grow 5-10 m high. The leaves are compound and with 3-5 leaflets. These are sword shaped and have stalks. They are 4-12 cm long. They are dark green on the upper surface and have whitish hairs underneath. The flowers are in a spreading cluster. They are light blue or purple. The flowers are about 1 cm long. The fruit are about 1 cm across.

HABITAT

It grows in subtropical uplands. It grows in moist places and near water and up to 1,700 m above sea level. It can grow in arid places. It suits hardiness zone 8. At MARDI.

PRODUCTION

Cultivation

It can be grown from seed or stem cuttings.

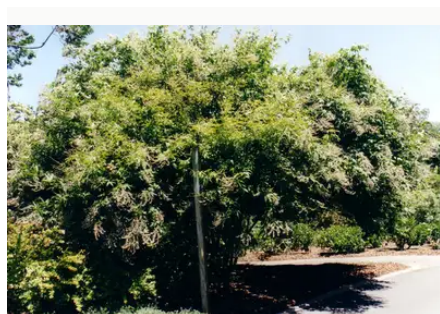
NOTES

It is used in medicine. Also put in the family Verbenaceae.

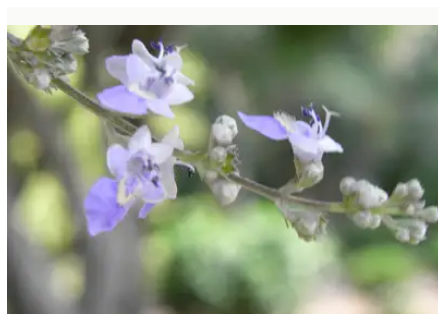
PICTURES



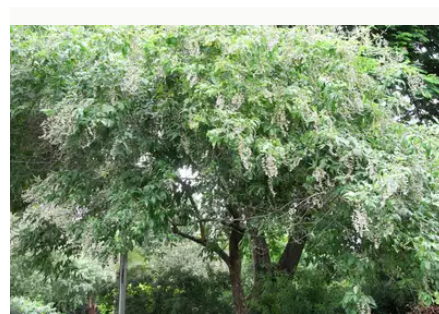
Credit: Food Plants International (Bruce French)



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