PLANT FACT SHEET

Iresine calea (Ibantz) Standl.

GENUS *Iresine* **FAMILY** Amaranthaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems

The leaves and stems are lightly boiled.

DESCRIPTION

A herb.

HABITAT

It is a tropical plant.

REFERENCES

Turreira-Garcia, N., et al, 2015, Wild edible plant knowledge, distribution and transmission: a case study of the Achi Mayans of Guatemala. Journal of Ethnobiology and Ethnomedicine. 11:52

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ab4d3cea-dbaa-4a3d-b20d-444ebeb37f71