PLANT FACT SHEET

Equilabium kamerunense (Gurke) Mwany & A. J. Paton

GENUS *Equilabium* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb. It is straggling and woolly. The leaves are heart shaped and has large teeth around the edge. The flowering branches are 1 m tall. The flowers are violet.

HABITAT

A tropical plant. It suits the seasonally dry tropics.

NOTES

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

REFERENCES

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 95 (As Plectranthus kamerunensis)

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 196 (As Plectranthus kamerunensis)

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/aea53673-da42-4df6-a33e-9f117b871b1e