PLANT FACT SHEET

# *Tradescantia virginiana* L.

**GENUS** *Tradescantia* **FAMILY** Commelinaceae

**COMMON NAMES** Spiderwort, Virginia Spiderwort, Widow's tears

## EDIBLE PARTS AND USES

**Edible parts:** Flowers, Leaves, Seeds

The fresh young leaves can be used in salads or boiled for 10 minutes and eaten as a green vegetable. They can be added to soups and stews. They can be served with butter or an oil or vinegar dressing.
The flowers can be eaten and used as a garnish or candied. They are used to decorate food and cakes.
The seeds can be roasted and eaten.

## DESCRIPTION

A herb. It grows 30-60 cm high. It spreads 50-120 cm wide. It has large clumps of long narrow leaves. They are like grass leaves. They are 15-38 cm long. The flowers are white, pink or violet. They are in small heads.

## HABITAT

It is a warm temperate plant. It grows near the edges of forests and along roadsides. It will grow in most soils and needs a protected, partly shaded position. It is resistant to frost but sensitive to drought. It suits hardiness zones 7-10.

## PRODUCTION

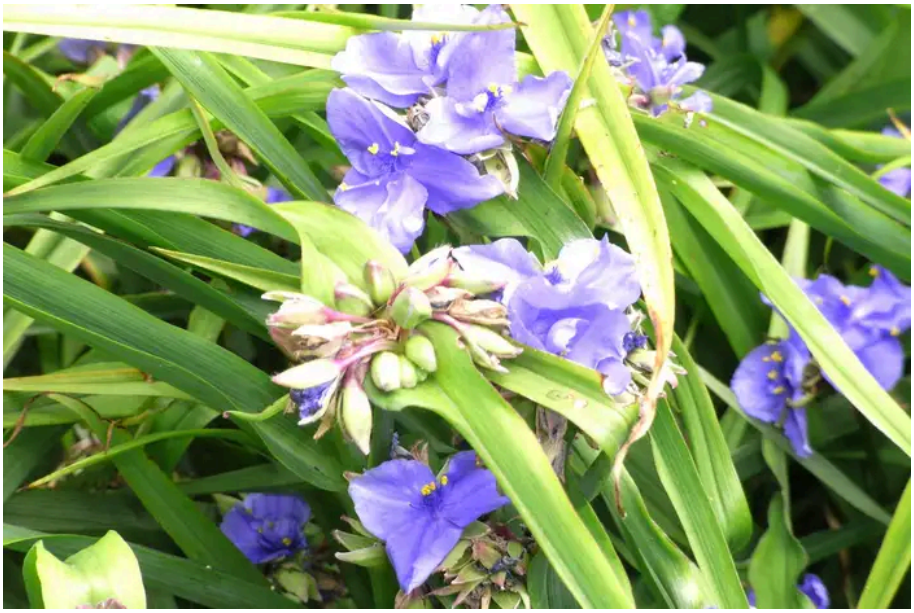
### Cultivation

Plants can be grown by division.

## NOTES

There are about 65 Tradescantia species.

## PICTURES



Credit: Food Plants International (Bruce French)

## REFERENCES


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



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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/b0b6d28a-dd6d-4f73-a9f9-ab97e7a8053e