PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Eremomastax speciosa (Hochst.) Cufod.

GENUS *Eremomastax* **FAMILY** Acanthaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

DESCRIPTION

A herb. It is stout and has many branches.

HABITAT

A tropical plant. It grows in the forest zone in West Africa.

REFERENCES

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 1. Kew.

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 561

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 76 (As Eremomastax polysperma)

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 171 (As Eremomastax polysperma)

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b24242d9-1125-4ee1-9beb-8e49d6fb608d