PLANT FACT SHEET

Limnophila erecta Benth.

GENUS *Limnophila* **FAMILY** Plantaginaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten raw or steamed.

DESCRIPTION

A small herb. It is low and can be erect or lying over. It has a nice smell. It can have many branches and grows in swamps. It grows 5-50 cm high or long. The stems are smooth and cylinder shaped and can be slightly tapering. They can have a slight red colouring. The leaves are simple, opposite and without stalks. They are narrowly oval and taper towards the base. There are teeth along the edge. The leaves have a smell or anise when bruised. They are 1-4 cm long by 1 cm wide. The flowers are small and have a short stalk. The stick upwards at an angle. The flowers are tube shaped and have 5 lobes.

HABITAT

A tropical plant. It grows in wet places. In Indonesia it grows from sea level to 500 m above sea level. In Yunnan.

NOTES

There are about 35 Limnophila species.
Also put in the family Scrophulariaceae.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b27a48b2-6358-442e-a47d-69ced614e7af