PLANT FACT SHEET

Limnophila repens (Benth.) Benth.

GENUS *Limnophila* **FAMILY** Plantaginaceae

COMMON NAMES Swamp leaf

EDIBLE PARTS AND USES

Edible parts: Leaves, Spice

The young leaves are eaten as a vegetable of used to flavour dishes.

DESCRIPTION

A crawling herb. It curls up at the tips. It is 20-45 cm tall. The leaves are opposite and without leaf stalks. They are narrowly oval and 1-3 cm long by 3-10 mm wide. There are teeth along the edge. The flowers occur singly in the axils of leaves. The flowers are white or purple red or blue.

HABITAT

A tropical plant. It grows in sandy or wet places. It grows in rice fields. It suits the wet tropics.

NOTES

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

REFERENCES

Ambasta S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 329 (As Limnophila conferta)

Chatterjee, A.S. & Koma, Y.S., 1995, List of Vegetables and Edible Plants in Cambodia. JVC Trainers' training manual. Home Garden Series No. 1. JVC Cambodia (As Limnophila conferta)

Horo, S. & Topno S., 2015, Lesser known wild leafy vegetables consumed by "Ho" tribes of W. Singhbhum district, Jharkhand, India. Journal of Medicinal Plants Studies. 3(5):155-159 (As Limnophila conferta)

Kumari, B. & Solanki, H., 2019, The Traditional Knowledge of Wild Edible Leaf used by Tribal People in Chhattisgarh. International Journal of Plant and Environment (2019), Vol. 5(4) :284-292 (As Limnophila conferta)

Marandi, R. R. & Britto, S. J., 2015, Medicinal Properties of Edible Weeds of Crop Fields and Wild plants Eaten by
Oraon Tribals of Latehar District, Jharkhand. International Journal of Life Science and Pharma Research. Vo. 5. (2) April 2015 (As Limnophila conferta)

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 99, 219 (As Limnophila conferta)

Phon, P., 2000, Plants used in Cambodia. © Pauline Dy Phon, Phnom Penh, Cambodia. p 402

Romanowski, N., 2007, Edible Water Gardens. Hyland House. p 62

Singh, G. & Kumar, J., 2014, Studies on Indigenous Traditional Knowledge of some Aquatic and Marshy Wild Edible Plants used by the Munda Tribe of District Khunti, Jharkhand, India. International Journal of Bioassays. 3(2), 1738-1743

Singh, G. & Kumar, J., 2016, Diversity and traditional knowledge on some less known edible wild
herbaceous plant resource from district Khunti, Jharkhand, India. International Journal of Bioassays 5.5:4557-4562

Sinha, R. & Lakra, V., 2007, Edible weeds of tribals in Jharkhand, Orissa and West Bengal. Indian Journal of Traditional Knowledge 6(1) January 2007 pp 217-222 (As Limnophila conferta)

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/b29a6f56-3b7c-4e13-b679-b22d3f5f1704