PLANT FACT SHEET

Enicostema axillare (Poir. ex Lam.) A. Raynal

GENUS *Enicostema* **FAMILY** Gentianaceae

COMMON NAMES Indian whitehead

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked in curries with pulses. It is bitter.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 50-100 cm tall. The leaves are narrow and oblong to sword shaped. The flowers do not have stalks and they are white. They are in clusters in the axils of leaves. The fruit is a small oval capsule.

HABITAT

It is a tropical plant. In India it grows from sea level to 450 m above sea level.

PRODUCTION

Cultivation

Plants are grown from seeds.

NOTES

It is also used as medicine.

REFERENCES

Ferns, Tropical plants

Kuhnlein, H. V., et al, 2009, Indigenous Peoples' food systems. FAO Rome p 192 (As Enicostema hyssopifolium)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b45d980d-b18d-49a1-bce5-42bb30f9990a