PLANT FACT SHEET

Stachytarpheta jamaicensis (L.) Vahl

GENUS *Stachytarpheta* **FAMILY** Verbenaceae

COMMON NAMES Brazilian tea

EDIBLE PARTS AND USES

Edible parts: Leaves, Leaves - tea, Vegetable

The young stem tips are eaten as a flavouring. They are also eaten like spinach.
Dried leaves are sold as Brazilian tea.
CAUTION: It is claimed to cause miscarriages so should be avoided by pregnant women.

DESCRIPTION

A herb which keeps growing from year to year. The branches curve upwards. It grows to 1.5 m high. The leaves are produced opposite one another on winged stalks. The leaves are oval and 4-10 cm long. They have forward facing teeth. The flowers occur as a spike at the end of the plant. The stalk is thickened and the flowers arise from depressions in it. The flower forms a tube towards its base and is purplish-blue. This stalk thickens more and the fruit are about 3.5 mm long in the depressions. They form 2 nutlets. The inner side of each one is flat.

HABITAT

It is a tropical plant. It grows naturally along roadsides. It needs an average to fertile, well-drained soil. It can grow in full or part sun. In Papua New Guinea it is at low altitudes but may be up to 700 m altitude. It suits hardiness zones 9-12. In XTBG Yunnan.

PRODUCTION

Cultivation

Plants can be grown from seeds. It can be planted as a hedge.

Harvesting and Seed Production

Leaves are usually collected during the rainy season.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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