PLANT FACT SHEET

Alternanthera ficoidea (L.) P. Beauv.

GENUS *Alternanthera* **FAMILY** Amaranthaceae

COMMON NAMES Parrot Leaf

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The young leaves are eaten raw with rice.
The young leaves are boiled as a pot herb. They are cooked with fish or meat in stews.

DESCRIPTION

A spreading herb. It grows in water. It grows 20-30 cm high. The stems are branching. The leaves are narrow and 8 cm long by 1.5 cm wide. The leaf stalks are very short. The leaves are olive green above and reddish underneath. The stems and leaves are hairy. The flowers are in groups in the axils of leaves. They are in round white heads that occur singly. The fruit is dry. The seeds are black.

HABITAT

A tropical plant. It grows in tropical marshes. It is common in waste places. In Argentina it grows from sea level to 500 m above sea level. It suits the seasonally dry tropics.

PRODUCTION

Cultivation

Plants are grown by division or cuttings. It can only live for a few months when under water.

NOTES

There are 200 Alternanthera species.

PICTURES



Credit: Food Plants International (Bruce French)



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