PLANT FACT SHEET

Boerhavia repens L.

GENUS *Boerhavia* **FAMILY** Nyctaginaceae

COMMON NAMES Spreading hogweed

EDIBLE PARTS AND USES

Edible parts: Seeds, Leaves, Root

The young leaves are eaten and are also made into curries.
The seeds are eaten as a chilled porridge.

DESCRIPTION

A herb. It has many branches. The branches appear each year from a thickened rhizome or underground stem. The stems are slender. They are thickened at the nodes. The leaves are in unequal pairs at each node. The leaves are 2 cm long and have glands. The flowers are in clusters or 2-6. They can be white or pink. The fruit are 3-4 mm long.

HABITAT

A tropical plant. It grows throughout the tropics. It can grow in shade of fully exposed in waste lands. It grows in the Sahel in West Africa. It can grow in arid places.

NOTES

There are about 40 Boerhavia species. They are mostly in the tropics and subtropics.

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