PLANT FACT SHEET

Torenia diffusa D. Don

GENUS *Torenia* **FAMILY** Scrophulariaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - spice

The plant is mixed with Impatiens latiflora and used as a flavouring in curry,

DESCRIPTION

A herb. It forms roots at the nodes. The leaves are oval and 4 cm long. There are teeth towards the top. The flowers are in groups in the axils of leaves or at the end of the plant. The flowers are pale blue with darker spots. The fruit is a narrow capsule. There are many seeds.

HABITAT

It is a subtropical plant. In Nepal it grows between 1,400-1,500 m above sea level.

REFERENCES

Srivastava, R. C., 2010, Traditional knowledge of Nyishi (Daffla) tribe of Arunachal Pradesh. Indian Journal of Traditional Knowledge. 9(1):26-37

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/ba30a3cc-1636-4837-af70-accdb3c1f271