PLANT FACT SHEET

Begonia tuberosa Lam.

GENUS *Begonia* **FAMILY** Begoniaceae

COMMON NAMES Tuberous Begonia

EDIBLE PARTS AND USES

Edible parts: leaves - condiment, Spice, Flowers

The leaves are eaten and cooked with fish. They are also boiled down into a sauce.
The flowers can also be eaten in salads or used in desserts or made into sauces. They have a lemon flavour.
The leaf stalks can be used as a rhubarb substitute in pies.
Caution: They can contain oxalic acid.

DESCRIPTION

This species is now Begonia capensis L.f. Several others species with different authors have the same name.

Several hybrids of this plant have been produced.

HABITAT

A tropical plant.

NOTES

There are 900-1,000-1,500 Begonia species.

REFERENCES

Burkill, I.H., 1966, A Dictionary of the Economic Products of the Malay Peninsula. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 1 (A-H) p 316

Burnie, G.(Ed.), 2003, Annuals and Bulbs. The Gardener's Handbooks. Fog City Press. p 247

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 48

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 98, 178

Seidemann J., 2005, World Spice Plants. Economic Usage, Botany, Taxonomy. Springer. p 64

Terra, G.J.A., 1973, Tropical Vegetables. Communication 54e Royal Tropical Institute, Amsterdam, p 29

Uphof, 1968,

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/c764ad4d-7d0d-482b-94f9-06946bc9018a