PLANT FACT SHEET

Acanthus mollis L.

GENUS *Acanthus* **FAMILY** Acanthaceae

COMMON NAMES Bear's breech

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A perennial herb. It has an underground stem or rhizome. It grows 30-80 cm tall. The leaves near the base are 40 cm long and 25 cm wide. The flowering spike is 30-40 cm tall. This can have 120 flowers. A flower is tube shaped and 5 cm long. It has tubers that form large clumps.

HABITAT

It is a temperate plant. It grows in sunny or slightly shaded places. It grows in well drained soils.

PRODUCTION

Cultivation

Plants can be grown from tubers.

NOTES

It can become a weed.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Esperanca, M. J., 1988. Surviving in the wild. A glance at the wild plants and their uses. Vol. 1. p 91

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c9ea04ab-0ef6-4f85-b5da-d65c4f0131bb