PLANT FACT SHEET

Phyllanthus urinaria L.

GENUS *Phyllanthus* **FAMILY** Phyllanthaceae

COMMON NAMES Leaf-Blossum

EDIBLE PARTS AND USES

Edible parts: Leaves, Leaves - tea

The leaves are cooked and eaten with oil and salt.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 10-30 cm high. The leaves are simple and alternate. They are 6-12 mm long by 4-6 mm wide The male flowers are in clusters in the axils of leaves. The female flowers occur singly in the lower axils. The flowers are green and cream. The fruit have 6 shallow lobes. The fruit are 2.5 mm across.

HABITAT

It is a tropical plant. It grows near river flats and on alluvial soil. It grows along the sides of marshy areas. In Fiji it grows from sea level up to 1,130 m altitude. In China it grows in dry fields and on the edges of forests between 100-600 m above sea level. In Sichuan and Yunnan.

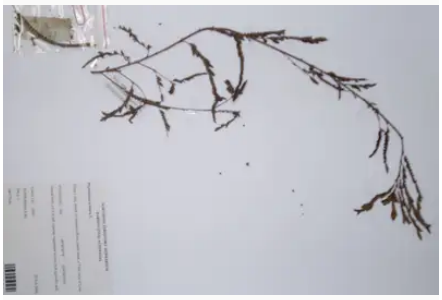
NOTES

The plant is characteristically diuretic, due to the presence of large quantities of potash. It has anticancer properties. There are about 750 Phyllanthus species. They are mostly in the tropics.

PICTURES



Credit: Food Plants International (Bruce French)



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