PLANT FACT SHEET

Bacopa sp.

GENUS *Bacopa* **FAMILY** Plantaginaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Leaves - tea

The leaves are cooked as a leafy vegetable.
They are also used as a substitute for tea drinks.

DESCRIPTION

A herb. It grows each year from seeds.

HABITAT

It is a tropical plant.

REFERENCES

Termote, C., et al, 2011, Eating from the wild: Turumbu, Mbole and Bali traditional knowledge of non-cultivated edible plants, District Tshopo, DRCongo, Gen Resourc Crop Evol. 58:585-618

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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/cfdbf776-848b-4657-beae-51f2e1ebcefe