PLANT FACT SHEET

Sauvagesia erecta Linn.

GENUS *Sauvagesia* **FAMILY** Ochnaceae

COMMON NAMES Yerba de St. Martin

EDIBLE PARTS AND USES

Edible parts: Leaves, Shoots

The leaves are used as a spinach. They are used in soups.

DESCRIPTION

A low growing herb. It grows 60 cm high. The stems are slender and wiry. The leaves are 1-3 cm long by about 0.8 cm wide and taper to the base. The flowers are usually single and in the axil of leaves. The flower petals are pink or white. The fruit is a capsule. It is 5 mm long. The seeds are 0.5 mm long.

HABITAT

A tropical plant. It grows in wetter parts of tropical Africa. It grows in damp grasslands, marshes and ditches. It is along ponds and the edges of rivers. It can grow in seasonally flooded land. It grows from sea level to 1,200 m altitude. In Argentina it grows from sea level to 1,000 m above sea level.

NOTES

There are 35 Sauvagesia species in tropical America. It is used in medicine.

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