PLANT FACT SHEET

Commelina communis L.

GENUS *Commelina* **FAMILY** Commelinaceae

COMMON NAMES Asiatic Dayflower

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Flowers, Stems

The leaves and tender shoots and flowers are eaten as a green vegetable. They are cooked. They are served with butter and salt and miso or rice. They can be chopped finely and added to salads.
The seeds are eaten when food is scarce.

DESCRIPTION

An annual herb with creeping stems. It grows 20-60 cm high. It can produce many branches that root at the nodes. The leaves are sword shaped and 4-9 cm long by 2 cm wide. It forms a sheath around the stem at the base. The flowers are bright blue. The 3 petals are not equal in size. There are 2 large ones and one small one. The upper 2 are blue and the lower one is white.

HABITAT

A tropical plant. It grows in humid places. It grows in wet soil. It grows in wetlands.

NOTES

It is used in medicine. There are about 230 Commelina species.

PICTURES



Credit: Food Plants International (Bruce French)

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