PLANT FACT SHEET

# *Hedyosmum mexicanum* C. Cordem.

**GENUS** *Hedyosmum* **FAMILY** Chloranthaceae

**COMMON NAMES** Mexican hedyosmum

## EDIBLE PARTS AND USES

**Edible parts:** Fruit, Leaves - tea

The fruit are succulent, sweet and edible.
Two or three leaves in hot water make a tea drink.

## DESCRIPTION

A tree. The leaves are opposite and have closely spaced teeth. The sheath at the base of the leaf has many small filaments. The flowers are in a cone like arrangement with between 100 and 350 flowers. They are green. The fruit are white or yellow and succulent and edible.

## HABITAT

It is a tropical plant. They grow in wet places in cool mountain regions. It grows above 2,000 m altitude.

## NOTES

There are 40-50 Hedyosmum species.

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