PLANT FACT SHEET

Hygrophila auriculata (Schumach.) Heine

GENUS *Hygrophila* **FAMILY** Acanthaceae

COMMON NAMES Starthorn

EDIBLE PARTS AND USES

Edible parts: Herb, Leaves - salt, Leaves, Vegetable, Seeds

The leaves are used as a potherb. They are cooked with other vegetables.
The dried leaves are used for a tea drink.
A vegetable salt is prepared from the ashes.
The seeds are soaked overnight and then eaten in the morning.
The leaves and stems can be sun-dried.

DESCRIPTION

An annual herb. It is stout and grows 1.5 m high. The stems are 4 sided. The leaves are opposite and sword shaped. They are 15 cm long and 3 cm wide. The leaves have rings of strong spines. The flowers are blue to red and in stalkless clusters in the axils of leaves. There are leafy bracts and spines between the flowers. The fruit are 2 celled capsules. They are long and thin. The seeds are disk shaped and hairy along their edges.

HABITAT

A tropical plant. It grows in wet places and often in brackish water near estuaries. It grows in wetlands. It usually grows in drier zones.

PRODUCTION

Cultivation

Plants can be grown from seeds.

Harvesting and Seed Production

It is mainly collected in the rainy season.

NOTES

There are about 80-100 Hygrophila species. They grow in the tropics.

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