PLANT FACT SHEET

Begonia malabarica Lam.

GENUS *Begonia* **FAMILY** Begoniaceae

COMMON NAMES Malabar begonia

EDIBLE PARTS AND USES

Edible parts: Leaves, Plants

It is eaten as a pot-herb. It is used as a salt substitute in curries and other dishes. They are a substitute for tamarind.

DESCRIPTION

A herb. The stems are 50 cm long. The leaves are 5-10 cm long. The are heart shaped and pointed and unequal at the base. There are teeth along the edge. The leaf stalks are 3-12 cm long. The flowers are in the axils of the leaves. They are red.

HABITAT

A tropical plant. It grows in wet tropical places up to 5,000 m above sea level.

PRODUCTION

Cultivation

Plants can be grown from seeds or by leaf or stem cuttings.

NOTES

There are 900-1,000-1,500 Begonia species.
It is used for treating diabetes.

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