PLANT FACT SHEET

Vitex negundo var. negundo

GENUS *Vitex* **FAMILY** Lamiaceae

COMMON NAMES Chinese chaste tree

EDIBLE PARTS AND USES

Edible parts: Seeds

The dried seeds are ground into flour. This is mixed with wheat flour and made into noodles.

DESCRIPTION

A shrub. It loses its leaves during the year. It grows 1-2.5 m high. The branches are 4 sided. The leaves are opposite. They are compound with 5 leaflets arranged like fingers on a hand. The leaflets are sword shaped and 3-15 cm long by 1-3 cm wide. They taper to the tip. There can be coarse teeth. The leaves are green and have a dense hairy covering underneath. The flowers are small and purple-blue. There are many flowers in groups at the ends of branches. The fruit are oval and 3 mm long. The are 4 stones with seeds.

HABITAT

It is a tropical plant. It grows in mixed thickets on mountain slopes and along roadsides between 100-1,100 m above sea level. It suits the seasonally dry tropics.

PRODUCTION

Cultivation

Plants can be grown from seeds.

NOTES

Also put in the family Verbenaceae.

REFERENCES

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/dc2266f8-90cd-416b-a567-210d8ec9a692