PLANT FACT SHEET

Plectranthus ternifolius D. Don

GENUS *Plectranthus* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The young shoots are cooked and eaten as a vegetable with fish or meat. The fresh harvested shoots can be stored 4-5 days.

DESCRIPTION

A small shrub. It has a dense grey covering. The leaves are 15 cm long. They are in rings and have short stalks. The leaves are sword shaped and taper to the tip. They have teeth along the edge. The flowers are white and in dense groups. The fruit are small nutlets.

HABITAT

It is a tropical and subtropical plant. It suits damp and shady places.

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