PLANT FACT SHEET

Lysimachia candida Lindl.

GENUS *Lysimachia* **FAMILY** Primulaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

It is eaten cooked as a vegetable with fish.

DESCRIPTION

A herb. It grows each year from seeds or completes its life-cycle over 2 years. It grows 10-30 cm tall. The leaves at the base are spoon shaped and 3-6 cm long by 1-2 cm wide. The leaves on the stem are alternate and 1-5 cm long by 1 cm wide.

HABITAT

It is a subtropical plant. It grows in wet areas near cultivated fields between 100-2,100 m above sea level in southern China. In Sichuan and Yunnan.

NOTES

There are about 150 Lysimachia species.

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