PLANT FACT SHEET

Premna integrifolia L.

GENUS *Premna* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked with fish to flavour them.

DESCRIPTION

A small tree. It grows to 4-8 m tall. It does not have hairs. The twigs and leaves are light green and shiny. The leaves are produced opposite each other and are oval and taper to a point. They are entire and 9-19 cm long by 6-12 cm wide. The leaf stalk is 2-7 cm long. The flowers are white and in clusters with flowers at the end of each stalk. These arrangements are 10-20 cm across. The fruit are berries 6-9 mm across. They are blue to black.

HABITAT

A tropical plant. Plants often grow near the beach.

NOTES

Also put in the family Verbenaceae.

REFERENCES

Altschul, S.V.R., 1973, Drugs and Foods from Little-known Plants. Notes in Harvard University Herbaria. Harvard Univ. Press. Massachusetts. no. 3655

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 489

Burkill, I.H., 1966, A Dictionary of the Economic Products of the Malay Peninsula. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 2 (I-Z) p 1838

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 515

Mant. pl. 2:252. 1771

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 224

McMakin, P.D., 2000, Flowering Plants of Thailand. A Field Guide. White Lotus. p 81

Ogle, B. M., et al, 2003, Food, Feed or Medicine: The Multiple Functions of Edible Wild Plants in Vietnam. Economic Botany 57(1): 103-117

Peekel, P.G., 1984, (Translation E.E.Henty), Flora of the Bismarck Archipelago for Naturalists, Division of Botany, Lae, PNG. p 479, 478

WATT,

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/eb805f69-924a-4023-b583-d010627efef5