PLANT FACT SHEET

Premna herbacea Roxb.

GENUS *Premna* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves

The ripe fruit are eaten.
The young leaves and shoot are cooked and eaten as a vegetable.

DESCRIPTION

A small herb or shrub. It keeps growing from year to year. It has a woody rootstock. It has soft shoots that grow 5-20 cm high. The leaves die back in the winter. The leaves do not have leaf stalks. The leaves are often in rings near the ground. They are broadly oval and have teeth along the edge. The flowers are white and green. They are in groups at the ends of branches. The fruit is round and fleshy. It is small and black and shiny.

HABITAT

It is a tropical plant. It grows on clays and scree slopes and rocky outcrops.

NOTES

Also put in the family Verbenaceae.

REFERENCES

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

Baro, D., Baruah, S. and Borthukar, S. K. 2015, Documentation on wild vegetables of Baksa district, BTAD (Assam). Scholars Research Library. Archives of Applied Science Research, 2015, 7 (9):19-2

Paczkowska, G . & Chapman, A.R., 2000, The Western Australian Flora. A Descriptive Calatogue. Western Australian Herbarium. p 567

Fl. ind. ed 1832, 3:80. 1832

Narzary, H., et al, 2013, Wild Edible Vegetables Consumed by Bodo tribe of Kokrajhar District (Assam), North-East India. Archives of Applied Science Research, 5(5): 182-190

Pasha, M. K. & Uddin, S. B., 2019, Minor Edible Fruits of Bangladesh. Bangladesh J. Plant Taxon. 26(2): 299–313

Patiri, B. & Borah, A., 2007, Wild Edible Plants of Assam. Geethaki Publishers. p 101

Rajkalkshmi, P. et al, 2001, Total carotenoid and beta-carotene contents of forest green leafy vegetables consumed by tribals of south India. Plant Foods for Human Nutrition 56:225-238 (As Pygmaeopremna herbacea)

Sanchita B., et al, 2022, A Study on Wild Underutilized Edible Plant Species of Kokrajhar District of Assam (India) Consumed as Vegetables Having Ethno Medicinal Properties. Research Square. (As Pygmaeopremna herbacea)

Sawian, J. T., et al, 2007, Wild edible plants of Meghalaya, North-east India. Natural Product Radiance Vol. 6(5): p 420

Singh, H.B., Arora R.K.,1978, Wild edible Plants of India. Indian Council of Agricultural Research, New Delhi. p 68

Upreti, K., et al, 2010, Diversity and Distribution of Wild Edible Fruit Plants of Uttarakhand. Bioversity Potentials of the Himalaya. p 182 (As Pygmaeopremna herbacea)

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/ecd6f001-8bfd-41c9-bf4d-8d6f96856c1f