PLANT FACT SHEET

Platostoma africanum P. Beauv.

GENUS *Platostoma* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are cooked and eaten. They are cooked along or along with other vegetables.

DESCRIPTION

A trailing herb. It can grow each year from seeds or last a few years. It grows 1 m long. The stems are pale green and 4 angled. The leaves are opposite and oval. They are 5 cm long by 3.5 cm wide. The tip is pointed and they are smooth around the edge. They narrow to the base. The leaf stalk is 2 cm long. The leaves are pale grey-green underneath. The flowers are small. They are along a narrow flower head at the top of the plant. The fruit are 4 oval nutlets.

HABITAT

A tropical plant. It grows in wet forests. It grows in savannah woodland and on the edges of small lakes. It grows in part shade. In Tanzania it grows between 100-2,500 m above sea level.

PRODUCTION

Cultivation

Plants can be grown from seed.

Harvesting and Seed Production

Leaves are collected during the rainy season.

NOTES

It is used in medicine.

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