PLANT FACT SHEET

Verbena gooddingii Briquet

GENUS *Verbena* **FAMILY** Verbenaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The very young leaves are eaten.

DESCRIPTION

A small annual herb. The flowers are pink and in clusters.

HABITAT

It is a tropical plant. It grows in moist places.

REFERENCES

Yetman, D., 2002, The Guarijios of the Sierra Madre: Hidden People of Northwestern Mexico. University of New Mexico Press. p 229 (As Glandularia gooddingii)

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/f85e6994-178b-4f6a-9d10-7aca2cb814c6