

**Common names****Indian borage,**

Lamiaceae

Scientific name***Plectranthus amboinicus*****Edible portion** Leaves, Spice, Herb,**Description**

A small hairy rather succulent herb. It keeps growing from year to year. It is erect. It grows up to about 50 cm high. The base of the stem becomes woody when old. The fleshy leaves are in opposite pairs. They are egg shaped with teeth around the edge. The leaves are yellowish green and hairy. The flowers are around a central stalk and are small and pale purple. The leaves have a sweet smell.

Distribution

It needs warm subtropical climates. It suits hardiness zone 10. In Fiji it grows from sea level to 250 m altitude. It often grows in rocky and sandy areas.

Found in:

Africa, Andes, Angola, Asia, Australia, Brazil, Cambodia, Central Africa, Central America, China, Colombia, Costa Rica, Cuba, Dominican Republic, East Africa, Eswatini, Fiji, Guyana, Haiti, Hawaii, India, Indochina, Indonesia, Jamaica, Kenya, Lesser Antilles, Malaysia, Marquesas, Middle East, Mozambique, Nauru, North America, Pacific, Papua New Guinea, PNG, Philippines, Puerto Rico, Saudi Arabia, SE Asia, Solomon Islands, South Africa, Southern Africa, South America, St Lucia, Swaziland, Thailand, Tonga, Tuvalu, USA, Vietnam, Virgin Islands, Wallis & Futuna, West Indies, West Timor, Zimbabwe,

Use

The leaves have a sweet smell and used to flavour food. They are used like sage in seasonings and stuffing. They are used to flavour soup.

The leaves are used for flavouring meat. (It is a substitute for sage.) Only one leaf is used.

They are steeped in water to make tea.

Cultivation**Production**

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Nutritional Values

Plectranthus amboinicus

Edible Part	/100 g edible portion	Moisture %	Energy KJ	Energy Kcal	Protein g	Provit A µg	Vit C mg	Iron mg	Zinc mg
Leaves		95.3			0.6			2.6	0.3



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