

Aerva lanata



Common name—Polpala
Production lead time - 2weeks
Producing mode - Rooted in net pot
Size - 12cm

1. Polpala tea -

Ingredients - Dried Aerva lanata leaves, water

Preparation - Leaves have to be cut into tiny pieces. They are boiled for 15 minutes before drinking.

2. Polpala Curry -

Ingredients - Aerva lanata leaves with stem, red onions, tomato, green chillies, mix Spices powder, garlic, pandanas ,curry leaves and skim milk.

Preparation - Wash the leaves thoroughly and let the water drain. All other ingredients except for Aerva leaves and skim milk have to be boiled for about 15 minutes. Then add the skim milk and stir until it foams. Aerva leaves are added finally.

Centella asiatica



Common name - Gotukola
Producing mode - rooted
Size - 12/15cm
Production lead time - 4 weeks

1. Centella soup

Ingredients - Centella leaves, garlic, potatoes, white rice, margarine, leeks, skim milk, pepper powder and water.

Preparation - Blend the leaves and extract the sap as much as possible. Fry the garlic, leeks and onion in margarine. Slice the potatoes into small pieces and mix together with white rice and let them boil in water at low temperature with the residue of Centella leaves. Blend and sieve the mixture. Boil this mixture again and add the sap of centella leaves together with skim milk. Then add a pinch of salt and pepper as desired.

1. Centella tea -

Ingredients - Dried Centella leaves, water

Preparation - Leaves have to be cut into small pieces. They are boiled for 15 minutes before drinking.

Herbal Plant Recipes



Muraya koengi



Common name - Curry leaf
Producing mode- rooted
Size - 15/20 cm
Production lead time - 12 weeks

1. Curry leaf curry -

Ingredients - Young Muraya leaves, red onion, tamarind, chili powder, curry powder, turmeric powder, a leaf of Pandanas, piece of cinnamon, water and a pinch of salt.

Preparation - Wash young Muraya leaves well and let the water drain. Fry pandanas, onion and cinnamon in margarine/oil and add mix with curry powder, chili, turmeric and salt. Finally add tamarind, water and curry leaves and let this boil at low temperature.

2. Curry leaf paste

Ingredients - Young muraya leaves, garlic, pepper, salt and lime juice.
Preparation - Blend the above mentioned ingredients together and add a little water, pinch of salt and lime juice as desired.

3. Curry leaf rice

Ingredients- Muraya leaves, steamed rice, butter, garlic and red onion.

Preparation - Fry the Muraya leaves and garlic slices in butter till the colour of garlic changes. Then add cooked rice and mix well. Cover the container for 10 minutes before use.

Cardiospermum halicacabum



Common name- Love plant
Producing mode - 3 plants per net pot
Size - 10 cm
Production lead time - 6 weeks

1. Love plant soup

Ingredients- Cardiospermum leaves, white rice, coconut milk, garlic, ginger and salt.

Preparation- Get the rice cooked with more water. Add garlic and ginger while rice is still cooking and crush the rice well to make it a thick paste.

Blend the leaves and get the sap (juice) extracted.

Add coconut milk and let the mixture foam. The sap of leaves and salt must be added at this stage. This mixture is kept at low temperature for 10 minutes. Then mix it well before use.

2. Love plant sambol.

Ingredients - Fresh Cardiospermum leaves, Butter oil, cashew nuts, Garlic, Red onion, Pepper

Preparation - Fry the fresh leaves and garlic slices mildly with butter oil. Add cashew nuts Fresh onion slices, pepper and sault finally

Herbal Plant Recipes



Alternanthera sessilis



Centella asiatica



Fresh leaf Salad

Ingredients- Fresh leaves of *Centella asiatica*, *Alternanthera sessilis* and *Boerhavia deffusa*, cashew nuts, sugar, vinegar, pepper, lemon juice, salt and coconut milk.

Preparation- Get the cashew nut fried, leaves washed well and cut into pieces.

Make a mixture of vinegar, sugar, lemon juice, pepper, coconut milk and salt.

Serve fresh leaves on the plate and put cashew nuts on top of it. Add prepared mixture over it just before eating.



Boerhavia deffusa

Hemidesmus indicus



1. Iramusu soup

Ingredients- Fresh leaves, white rice, coconut milk, garlic, ginger and salt.

Preparation- Get the rice cooked with more water. Add garlic and ginger while rice is still cooking and crush the rice well to make it a thick paste.

Blend the leaves and get the sap (juice) extracted.

Add coconut milk and let the mixture foam. The sap of leaves and salt must be added at this stage. This mixture is kept at low temperature for 10 minutes. Then mix it well before use.

2.Iramusu drink

Ingredients - Fresh leaves, a few dried clove flower buds, little piece of ginger, Sugar and water

Preperation - Chope the fresh leaves and boil it until it,s specific aroma comes out. Add clove , ginger and sugar. Cover the lid of the container and let it cold. Sieve out the residue before use.

Common name - Iramusu
Producing mode - rooted
Size - 12/15cm
Production lead time - 10 weeks

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Boerhavia defusa



Common name- Pitasudu
Producing mode - Rooted in net pot
Production lead time - 2 weeks
Size - 12cm

1. Boerhavia curry with potato

Ingredients- Boerhavia leaves, potato slices, red onion, garlic, tumeric powder, skim milk, green chilies, curry leaves, cinnamon and a leaf of pandanas.

Preparation- Cut the leaves together with the stem. Temper the boiled potato slices together with all other ingredients. Finally put the mass of leaves on the curry and let it steam for 5 minutes and mix before use.

2. Sambol.

Ingredients - Fresh leaves, Butter oil, cashew nuts, Garlic, Red onion, Pepper

Preparation - Fry the fresh leaves and garlic slices mildly with butter oil. Add cashew nuts Fresh onion slices, pepper and sault finally

Hygrosphilla spinosa



Common name - Neeramulliya
Producing mode - rooted in net pots
Size - 12cm
Production lead time - 4 weeks

1. Hygrosphilla curry

Ingredients- Leaves, red onion, curry powder, coconut milk, butter, tumeric powder, garlic, lemon juice, and salt.

Preparation - Cut the leaves and young stem parts into small pieces. Fry these pieces in butter/ oil and mix with all other ingredients. Cook it at low temperature for 10 minutes.

Herbal Plant Recipes



Aloe vera



Common name- Aloe vera
Producing mode - Rooted production lead
time - 5 weeks
Size - 12 cm

1. Aloe vera curry

Ingredients- Slices of aloe vera, coconut milk or skim milk, tomato, curry powder, garlic, red onion, a leaf of pandanas and curry leaves.

Preparation - Get the flesh of the leaves removed and cut into pieces. Put them into boiled water and wash.

Mix all other ingredients together with coconut milk and cook. Finally add aloe vera pieces and a little thick or skim milk and keep for 5 minutes at the same cooking temperature.

2.Aloevera Fresh Salad

Ingredients - Aloe Vera leaves,Red onion, Tomato pepper, Sault, Coconut milk

Preparation - Cut the Aloe Vera flesh into cubes and put into coconut milk for 15 minutes. Then get them out from the milk and add red onion ,tomato slices. Spread pepper and Sault over this before eating.

Pandanas amarillifolius



Common name - Rampe
Producing mode - rooted in net pots
Size - 20cm
Production lead time - 4 weeks

1.Pandadas rice -

Ingredients - Pandanas leaves, Rice, tumeric powder, Garlic slices,Butter oil,

Preperation - Get the rice steamed with fresh few leaves of pandanas and very little turmeric powder.Fry few pandanas leaves and other stuff in butter oil and add to cooked rice and mix.

2.Fresh pandanas leaves can be added to any vegetable curry cooked in Asian style to enhance its flavor.