

*Phyla nodiflora*

[Synonyms : *Blairia nodiflora*, *Lippia canescens*, *Lippia incisa*, *Lippia nodifera*, *Lippia nodiflora*, *Lippia nodiflora* fo. *brevipes*, *Lippia nodiflora* var. *canescens*, *Lippia nodiflora* var. *normalis*, *Lippia nodiflora* var. *repens*, *Lippia nodiflora* var. *reptans*, *Lippia nodiflora* var. *rosea*, *Lippia nodiflora* var. *sarmentosa*, *Lippia repens*, *Lippia reptans*, *Phyla chinensis*, *Phyla incisa*, *Phyla nodiflora* var. *antillana*, *Phyla nodiflora* var. *canescens*, *Phyla nodiflora* var. *incisa*, *Phyla nodiflora* var. *longifolia*, *Phyla nodiflora* var. *repens*, *Phyla nodiflora* var. *reptans*, *Phyla nodiflora* var. *rosea*, *Phyla nodiflora* var. *texensis*, *Phyla strigulosa* var. *sericea*, *Verbena nodifera*, *Verbena nodiflora*, *Zapania nodifera*, *Zapania nodiflora*, *Zapania nodiflora* var. *rosea*]

**TURKEY TANGLE FOGFRUIT** is a creeping perennial. Native to both Central and South America it has tiny, pinkish or white flowers.

It is also known as Capeweed, Carpetweed, Common fogfruit, Common lippia, Creeping bush, Creeping charley, Fogfruit, Frogfruit, Frog's bit, *Gazon verveine* (Seychellois), Lippia, Man better man, Matgrass, *Ratveliyo* (Gujarati), Turkey tangle, and *Verveine* (Seychellois).

The flowers are pollinated by bees, butterflies and other insects.

The plant has been declared to be a noxious weed in some parts of Australia such as New South Wales.

*Nodiflora* is derived from Latin *nodosus* (knobbly, knotty) and *-flora* (flowered) components meaning 'flowering at the stem joints'.

Authorities noted that the North American Houma Indians believed that washing a baby in a plant decoction would encourage it to start walking.

The leaves are eaten by some caterpillars – and the flowers' nectar is enjoyed by many butterflies and other insects (which in turn provide a veritable larder for birds). Certainly in its native habitat authorities note that a community of turkey tangle fogfruit can support over 1000 butterflies in a season.

The perennial is cultivated as ornamental ground cover. Records also show that in Australia at least it has been planted as a lawn too.

This perennial can be found throughout India, and south-eastern Asian experts have suggested that in that region it is valued primarily as a medicinal plant and only then as one used for making beverages.

Medicinally, local herbalists have used the plant to treat hookworm.