

Cuphea hyssopifolia,

Scientific classification 

Kingdom : Plantae
Clade : Angiosperms
Order : Myrtales
Family : Lythraceae
Genus : *Cuphea*
Species : *C. hyssopifolia*



C. hyssopifolia

Description:

Cuphea hyssopifolia, the **false heather**, **Mexican heather**, **Hawaiian heather** or **elfin herb**, is a small evergreen shrub native to Mexico. The plant's flat feathery sprays of foliage are 12-18 in long and are highly branched. The small oblong leaves resemble those of Scotch heather (genus *Calluna* also known by its synonym *Erica*) and are about 3/4 to 1 in long and 1/4 to 1/2 in wide. They are arranged alternately the length of the stems giving the plant a fernlike appearance. In tropical climates tiny flowers emerge from the axils (the points where the leaf attaches to a stem) to create a show of color that lasts for much of the year. False heather flowers range from the typical purple and lavender to the less frequently seen white, pink and deep rose varieties.

Medicinal uses

- The leaves and flowers of are used as a tonic and in the treatment of fevers and coughs.
- The plant is a rich source of phenolic compounds which have been shown to have a strong antioxidant activity. The leaves and flowers of are used as an insecticide.