



2013 Promising Plant

Cuphea hyssopifolia Kunth

Promising Qualities

- ❖ Native to North America
- ❖ Excellent container plant
- ❖ Potential anticancer agent

FAMILY

Lythraceae

GENUS

Cuphea

SPECIFIC EPITHET

hyssopifolia

COMMON NAMES

False heather, Mexican heather, elfin herb

LEAVES

Medium-sized, glossy green

FLOWER COLOR

Lavender, pink, purple, or white

BLOOM PERIOD

Late spring to mid-fall

PLANT TYPE

Perennial, prostrate, broadleaf evergreen

PROPAGATION

Cuttings, seed, or layering

USE

Ornamental, medicinal

HEIGHT/WIDTH

12-24"H x 12-36"W

LIGHT

Partial shade, partial sun to full sun

SOIL

Moist sandy, clay, or loamy

HABIT

Prostrate

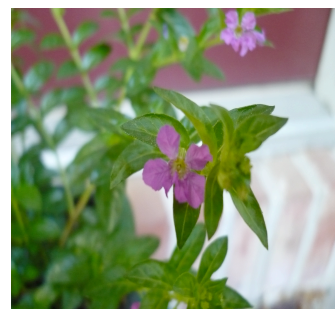
HARDINESS

Zones 8B-11

Cuphea hyssopifolia, or Mexican heather, is native to Mexico, Mesoamerica, and northern and western South America. It has naturalized in New Zealand, Hawaii, and the Caribbean and is also cultivated. Mexican heather is a very attractive, small plant with glossy, dark-green leaves and half-inch flowers. It makes a very attractive, well-behaved container plant. Wang, Chen, and Yang evaluated four chemical components present in the plants for antitumor activity and found that they may be potential anticancer agents.

Reference:

Wang, C.C., Chen, L.G., Yang, LL. Antitumor activity of four macrocyclic ellagitannins from *Cuphea hyssopifolia*. Cancer Lett. 1999 Jun 1; 140(1-2): 195-200. www.ncbi.nlm.nih.gov/pubmed/1040359



Photos: ewKennel

Where can I find this plant?

- ❖ Readily available in nurseries in summer

The Herb Society of America
9109 Kirtland-Chardon Rd.
Kirtland, OH 44094

