PLANT FACT SHEET

Iva annua L.

GENUS *Iva* **FAMILY** Asteraceae

COMMON NAMES Sumpweed, Annual Marsh-elder

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are oily and nutritious. They need to be roasted, threshed and winnowed.

DESCRIPTION

A herb. It grows 60-100 cm high.

HABITAT

It is a temperate plant.

NOTES

The seeds are nutritious.

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