PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Laggera crispata (Vahl) Hepper & J. R. I. Wood

GENUS *Laggera* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are boiled and eaten. They are blanched in hot water then soaked in cold water before cooking.

DESCRIPTION

A herb or shrub. It grows 1.7 m tall.

HABITAT

It is a tropical plant. It can grow in partly shaded places. It suits the seasonally dry tropics.

NOTES

It has antiviral medicinal uses.

REFERENCES

Bruschi, P., et al, 2014, Traditional use of plants in a rural community of Mozambique and possible links with Miombo degradation and harvesting sustainability. Journal of Ethnobiology and Ethnomedicine. 2014, 10:59 (As Blumea crispata)

Kar, A., et al, 2013, Wild Edible Plant Resources used by the Mizos of Mizoram, India. Kathmandu University Journal of Science, Engineering and Technology. Vol. 9, No. 1, July, 2013, 106-126 (As Blumea pterodonta)

Luo, B., et al, 2019, Wild edible plants collected by Hani from terraced rice paddy agroecosystem in Honghe Prefecture, Yunnan, China. Journal of Ethnobiology and Ethnomedicine 15:56 (As Laggera pterodonta)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/0577d86a-d52b-46e9-8ac0-452a495b4bd1