PLANT FACT SHEET

Aerva leucura Moquin

GENUS *Aerva* **FAMILY** Amaranthaceae

COMMON NAMES Foam bush, White head

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The young leaves are cooked and eaten as a vegetable. They are cooked with peanuts and other leaves and vegetables. They are used as a relish.

DESCRIPTION

A herb. It is 100-130 cm high. It often branches near the top. It is woolly and keeps growing from year to year. The leaves are alternate. The leaf blade is 5-8 cm long. It is egg shaped and tapers to both ends. They are dull green and covered with hairs. The flowers are small and white or yellow-white and in dense spikes. These are 2 cm long. The fruit is a small, dry capsule.

HABITAT

It is a tropical plant. It often grows on ant hills. It grows along roadsides. It can grow in arid places. In Tanzania it grows between 600-1,700 m above sea level.

NOTES

There are about 10 Aerva species in warmer climates. It is used in medicine.

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