PLANT FACT SHEET

Baccharis trimera (Less.) DC.

GENUS *Baccharis* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The leaves are used to make a tea.

DESCRIPTION

A herb or small shrub. It keeps growing from year to year. It grows 30-50 cm tall.

HABITAT

It is a subtropical plant. In Argentina it grows from sea level to 3,000 m above sea level.

NOTES

It has antidiabetic potential.

REFERENCES

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 113

Kinupp, V. F., 2007, Plantas alimenticias nao-convencionais da regiao metropolitana de Porto Alegre, RS, Brazil p 64

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/076307b8-adf2-4b3e-ba3c-e5c818689c74