PLANT FACT SHEET

Erechtites valerianifolius (Link ex Spreng.) DC.

GENUS *Erechtites* **FAMILY** Asteraceae

COMMON NAMES Brazilian fire-weed

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers

The young leaves before flowering are eaten as a potherb. They are eaten fresh, boiled, fried and pickled. The water is changed to remove the smell.
The young flowers are eaten. They are eaten raw or steamed and eaten with rice.

DESCRIPTION

A tall annual herb. It grows up to 1-2 m tall and is much branched. The top of the stalk wilts and bends over. The stem is soft. The lower leaves have leaf stalks. The leaves are toothed around the edge. The leaves are 5-25 cm long by 2-8 cm wide. They are also divided. The leaves get smaller higher up the plant. Flower are pink-red and they become white fuzz.

HABITAT

A tropical plant. It grows in the tropics and subtropics. In Papua New Guinea it occurs above 900 m altitude. In Argentina it grows from sea level to 1,000 m above sea level.

PRODUCTION

Cultivation

It can be grown by seed.

NOTES

It is classed as a weed in some places.
Erechtites valerianifolius and Erechtites valerianifolia are both considered accepted names in The Plant List

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