PLANT FACT SHEET

Celosia isertii C. C. Townsend

GENUS *Celosia* **FAMILY** Amaranthaceae

COMMON NAMES Cockscomb

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked and eaten. They are also used in sauces and for flavouring.

DESCRIPTION

A straggling herb. It can be woody at the base. It grows 3 m tall. The stems and branches are hairy. The leaves are narrowly oval and hairy underneath especially along the veins. Leaves can be 3.5-10 cm long by 2.5-5 cm wide. The flower heads are white and in the axils of the leaves and at the top of the plant. The fruit is a capsule 2-4 mm long. The seeds are black and shiny. They are 1 mm long.

HABITAT

It is a tropical plant. It grows in secondary forests and near streams and in damp sites. In Zambia it grows between 1,500-1,800 m altitude.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/11c996f7-daa4-49ef-955f-e51505bf2df9