PLANT FACT SHEET

Spilanthes acmella (L.) L.

GENUS *Spilanthes* **FAMILY** Asteraceae

COMMON NAMES Paracress

EDIBLE PARTS AND USES

Edible parts: Leaves, Spice, Vegetable, Flowers

The less bitter kind is used as a pot-herb. It is used to spice salads.
The young leaves are also eaten raw. They are also used for soups.

DESCRIPTION

An erect annual herb. It grows 40 cm high. The leaves are opposite. They are simple and hairy. The flowers are yellow. They occur in dense single heads in the axils of leaves or at the ends of branches.

HABITAT

A tropical plant. It grows throughout the tropics and in the subtropics. It grows along roadsides and in scrub. In Vietnam it grows from sea level to 1,500 m above sea level.

PRODUCTION

Cultivation

Plants can be grown from seed.

NOTES

NB There is some confusion over the synonyms.
Spilanthes acmella (L.) Murray in Ochse is a synonym of Blainvillea acemella (L.) Philipson.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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