PLANT FACT SHEET

Emilia sonchifolia (L.) DC. ex Wight

GENUS *Emilia* **FAMILY** Asteraceae

COMMON NAMES Purple emily, Sowthistle tasselflower

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable, Flowers, Leaves - tea

The young leaves are cooked and eaten as a vegetable. They can also be eaten raw. They are eaten before the plant starts flowering. They are also used in soups.
The young unopened flowers can also be eaten.

DESCRIPTION

An erect or sometimes straggling, smooth or slightly hairy plant. It is about 10 to 40 cm high. The stems are slender. The leaves are somewhat fleshy and the lower ones lobed. The leaves are often clustered towards the base of the plant. They are 5 to 10 cm long and 1-5 cm wide. The flowering heads are purple. They are in loose branched arrangements. The flower stalk is 3-7 cm long. There are about 30 flowers.

HABITAT

A tropical plant. It grows in warmer places. It occurs in the Philippines from Luzon to Basilan in open grassland and waste places. Plants are damaged by frost. It suits well drained soils and sunny positions. In Nepal and Java it grows to 1700 m altitude. It suits hardiness zones 9-11. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants can be grown from seed. Seed are sown where they are to grow. Plants can be transplanted when small.

Harvesting and Seed Production

In Australia the plant flowers in April to July. The leaves need to be eaten before flowering.

NOTES

Leaves (Dry weight) Water: 0 Calories: 308 Protein: 22 Fat: 3.3 Carbohydrate: 64.3 Fibre: 11 Ash: 10.4 Calcium: 2187 Phosphorus: 648

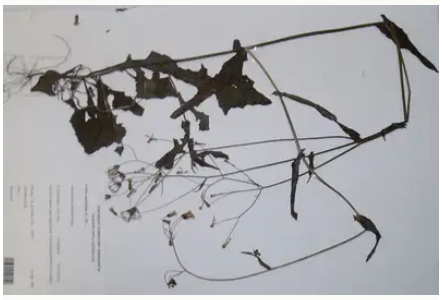
PICTURES



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