PLANT FACT SHEET

Aspilia eenii S. Moore

GENUS *Aspilia* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Root - flavouring

The root is added to milk to induce curdling and improve flavour.

DESCRIPTION

A herb. The leaves are slender and 12 cm long by 1-2 cm wide. They are opposite and covered with hairs. The flower heads are yellow and 3 cm across.

HABITAT

It is a tropical plant.

REFERENCES

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Van Damme, P et al, 1922, Plant Uses by the Topnaar of the Kuiseb Valley Namib Desert. Afrika Focus Vol. 8(3-4):223-252

Welcome, A. K. & Van Wyk, B.-E., 2019, An inventory and analysis of the food plants of southern Africa. South African Journal of Botany 122 (2019) 136–179

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/1acff502-c7b1-4d34-8de9-77e5f2a591ac