PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Gymnanthemum thomsonianum (Oliv. & Hiern) H. Rob.

GENUS *Gymnanthemum* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are eaten after boiling in several changes of water. They are very bitter.

DESCRIPTION

A shrub. It grows 1-4 m high.

HABITAT

It is a tropical plant. It grows in upland savannah in West Africa. It suits the seasonally dry tropics.

PRODUCTION

Cultivation

It can be grown as a hedge.

REFERENCES

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 1. Kew. (As Vernonia thomsoniana)

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 565 (As Vernonia thomsoniana)

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

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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/240f1ec1-a086-46bf-a344-98d1cfbb1774