PLANT FACT SHEET

Tithonia diversifolia (Hemsl.) A. Gray

GENUS *Tithonia* **FAMILY** Asteraceae

COMMON NAMES Wild sunflower, Giant Mexican sunflower

EDIBLE PARTS AND USES

Edible parts: Seeds, Flowers

The seeds are eaten roasted. They can be processed into cooking oil. The disk of the flower head can be eaten.

DESCRIPTION

An annual herb. It grows 1-3 m tall. The stems are stout and rough. The leaves are alternate and oval. They have teeth around the edge. The lowest leaves can be heart shaped. The leaves are 10-25 cm long by 5 cm wide. They are hairy. The flower is large and occurs singly. It can be 20 cm across. It is yellow. The fruit is 4 angled and 1 cm long by 4 mm wide.

HABITAT

It is a tropical plant. It grows between 550-1,950 m above sea level. In the Philippines it occurs along roadsides at higher elevations. In Yunnan.

PRODUCTION

Cultivation

It can be grown by seeds or from rhizomes. It can be grown from cuttings.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/24596978-8cd9-4fb6-90c7-f724fc1b062f