PLANT FACT SHEET

Bidens frondosa L.

GENUS *Bidens* **FAMILY** Asteraceae

COMMON NAMES Beggar ticks

EDIBLE PARTS AND USES

Edible parts: Leaves

Young leaves and stems are eaten cooked.

DESCRIPTION

A herb. It grows each year from seed. It grows 20-120 cm tall. The leaves are oval to sword shaped and 3-8 cm long by 2-6 cm wide. There are 3 (or 5) leaflets. These are 4-6 cm long by 1-2 cm wide. There are teeth along the edge.

HABITAT

It is a temperate plant. It grows in moist fields and swamps and ditches.

NOTES

There are about 200 Bidens species. Most are in North America.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Altschul, S.V.R., 1973, Drugs and Foods from Little-known Plants. Notes in Harvard University Herbaria. Harvard Univ. Press. Massachusetts. no. 4881

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK.
http://www.scs.leeds.ac.uk/pfaf/

Sp. pl. 2:832. 1753

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/24c906bb-4491-4d5c-872d-56c6f26aaffe