PLANT FACT SHEET

Acmella uliginosa (Swartz) Cassini

GENUS *Acmella* **FAMILY** Asteraceae

COMMON NAMES Marsh para cress

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable, Flowers - spice, Fruit - spice

The shoots are steamed or cooked.
The flowers and fruit are used as a spice.

DESCRIPTION

A herb. It grows each year from seeds. It grows 30 cm tall. The stems can be single or several from the base. It is green or purple. The leaf blade is sword shaped and 2-5 cm long by 0.5-2.5 cm wide. There can be teeth along the edge. The flowers are opposite. They are yellow or orange.

HABITAT

It is a tropical plant. It grows in wet grassland savannah. It can grow in flooded rice fields. It grows from sea level to 100 m above sea level.

NOTES

It is used in medicine.

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