PLANT FACT SHEET

Galinsoga parviflora Cav.

GENUS *Galinsoga* **FAMILY** Asteraceae

COMMON NAMES Small-flowered quickweed, Potato weed

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable, Stems, Flower shoots

The leaves and the young stems can be eaten raw or cooked. They are used as a potherb or added to soups and stews. They are used as seasoning. They can be put into stir-fries.
It is also dried and ground into a green powder and added to soups and stews especially with chicken.
The fresh juice is drunk with other vegetable juices.
The flowering shoots are eaten raw or cooked and in soups and stews.

DESCRIPTION

An annual herb. It grows to 75 cm high and has a spread of 50 cm. The stem is erect and much branched. The stem is rather weak. The leaves are oval and opposite. The leaves have leaf stalks are the leaves are toothed around the edge. The flowers are small and daisy like. They occur in small clusters and have white rays and a yellow disk. The flowers are produced in the axils of the upper leaves.

HABITAT

A tropical and subtropical plant. It will grow in most soils and under most conditions. It can tolerate drought and frost. In Papua New Guinea it grows from 900 to 2500 m altitude. It can grow in arid places but is best with medium to high rainfall. Seeds need a temperature between 10-35°C to germinate. They also need light to germinate. In Zimbabwe it grows between 1,370-1,660 m above sea level. In Ecuador it grows between 1,500-3,000 m above sea level. In Argentina it grows from sea level to 2,500 m above sea level. Tasmania Herbarium. In Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed. Often they are self sown. The seeds germinate quickly and young plants grow rapidly.

Harvesting and Seed Production

The plant grows rapidly. The leaves should be picked before plants start to form seeds.

NOTES

There are about 14 Galinsoga species. The leaves are 11% protein. It can spread and become a difficult to remove weed.

PICTURES



Credit: Food Plants International (Bruce French)



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