PLANT FACT SHEET

Acmella paniculata (Wall. ex DC.) R. K. Jansen

GENUS *Acmella* **FAMILY** Asteraceae

COMMON NAMES Paracress, Panicled spot flower

EDIBLE PARTS AND USES

Edible parts: Leaves, Shoots, Flowers

The shoots and leaves are cooked with meat and eaten.
The flowers are boiled or cooked with rice.

DESCRIPTION

A herb. The stem is trailing or climbing. It grows 30 cm tall. The stems can form roots at the nodes. The leaves are oval and 2-4 cm long by 1-3 cm wide. There are rounded teeth along the edge. The flower heads have long stalks.

HABITAT

It is a tropical plant. It grows in moist and boggy ground. It can be in rice fields. In Yunnan.

PRODUCTION

Cultivation

Plants are grown by seeds.

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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