PLANT FACT SHEET

Alternanthera paronychioides A. St Hilaire

GENUS *Alternanthera* **FAMILY** Amaranthaceae

COMMON NAMES Smooth chaff flower

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The young leaves are cooked and eaten as a vegetable. They are fried or mixed with other vegetables.

DESCRIPTION

A herb. It lies along the ground. It has white hairs. The leaves are opposite. They are spoon shaped and have a short leaf stalk. The flowers are in the axils of leaves.

HABITAT

It is a tropical plant. It grows wild along roadsides etc. In Argentina it grows from sea level to 100 m above sea level.

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

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