PLANT FACT SHEET

Porophyllum ruderale (Jacq.) Cass.

GENUS *Porophyllum* **FAMILY** Asteraceae

COMMON NAMES Poreleaf, Yerba porosa

EDIBLE PARTS AND USES

Edible parts: Leaves, Spice

The leaves are eaten raw in salads. They are also finely chopped and added to stews.

DESCRIPTION

A herb. It grows each year from seed. It grows 40-120 cm tall. The leaves are opposite.

HABITAT

A tropical plant. It grows on sandy soils and on sand bars along streams. It grows between 200-1,200 m above sea level. At ECHO.

PRODUCTION

Harvesting and Seed Production

The leaves are ready to harvest within one year.

REFERENCES

Andrare, G. M. M., et al, 2023, Plantas Alimenticias Nao Convencionais (PANC) Nos Levantamentos Etnobotanicos do Brazil. Novos Cadernos NAEA v. 25 No. 2 p 203

Bost, J. B., 2009, Edible plants of the Chinantla, Oazaca, Mexico. Master's thesis University of Florida. p 34

Casas, A., et al, 1996, Plant Management Among the Nahua and the Mixtec in the Balsas River Basin, Mexico: An Ethnobotanical Approach to the Study of Plant Domestication. Human Ecology, Vol. 24, No. 4 pp. 455-478

Casas, A., et al, 2016, Evolutionary Ethnobotanical Studies of Incipient Domestication of Plants in Mesoamerica. In Lira, R., et al, (eds.) Ethnobotany of Mexico, Ethnobiology. Springer p 265

F. Cuvier, Dict. sci. nat. 43:56. 1826

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 41

Gonzalez-Insuasti, M. S. and Caballero, J., 2007, Managing Plants Resources: How Intensive Can it be? Human Ecology, 35:303-314

Gonzalez-Insuasti, M. S., et al, 2011, Intra-cultural Differences in the Importance of Plant Resources and Their Impact on Management Intensificaton in the Tehuacan Vallet, Mexico. Human Ecology 39:191-202

Hermandez Bermejo, J.E., and Leon, J. (Eds.), 1994, Neglected Crops. 1492 from a different perspective. FAO Plant Production and Protection Series No 26. FAO, Rome. p 12

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 238

Kinupp, V. F., 2007, Plantas alimenticias nao-convencionais da regiao metropolitana de Porto Alegre, RS, Brazil p 67

Leon-Lobos, P., et al, 2022, Patterns of Traditional and Modern Uses of Wild Edible Native Plants of Chile: Challenges and Future Perspectives. Plants (Basel) v 11 (6) Table S1

Malezas Comestibles del Cono Sur, INTA, 2009, Buernos Aires

Piedra-Malagón, E. M. et al, 2022, Edible native plants of the Gulf of Mexico Province. Biodiversity Data Journal 10: e80565 p 13

Plants of Haiti Smithsonian Institute http://botany.si.edu

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/33bc7850-23a3-4045-8fd4-a95ba2c2fff6