PLANT FACT SHEET

Aerva lanata (L.) Juss. ex Schult.

GENUS *Aerva* **FAMILY** Amaranthaceae

COMMON NAMES Mountain knot grass

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The young leaves, stems and seeds are cooked and eaten.
The plant (wet or dried) is made into a drink.
They can be sun dried and stored.

DESCRIPTION

A low lying grey and hairy herb. It can grow to 1 m tall. The stems are 20 to 80 cm long and sometimes branched. The leaves are alternate and with leaf stalks 1-5 mm long. The ends of the leaves are blunt. The leaves are 1 to 3.5 cm long. The flowers are green and white and about 2 mm across. The fruit is flattened and 1 mm across. The seed is black and shiny. It is about 0.7 mm long.

Possibly now Ouret lanata

HABITAT

It is a tropical and subtropical plant. It is common in dry waste land at low and medium altitudes. It is more common in places with a long dry season. In India it is on the Deccan below 1,000 m. It can grow in arid places. In Tanzania it grows between sea level and 2,000 m above sea level.

PRODUCTION

Cultivation

Plants can be grown by seeds.

Harvesting and Seed Production

Leaves are collected during the rainy season.

NOTES

There are about 10 Aerva species in warmer climates.

PICTURES



Credit: Food Plants International (Bruce French)

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