PLANT FACT SHEET

Lagascea mollis Cav.

GENUS *Lagascea* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

DESCRIPTION

A herb. It grows each year from seed. It grows 1 m tall. It can be creeping and form roots at the nodes. The flowers are white and can have a blue tinge.

HABITAT

It is a tropical plant.

REFERENCES

Mutie, F. M., et al, 2023, Important Medicinal and Food Taxa (Orders and Families) in Kenya, Based on Three Quantitative Approaches. Plants 2023, 12, 1145

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/380ce1d1-c36b-42e0-a6ed-0e2a01d2c944