PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Geigeria alata (Hochst. & Steud.) Oliv. & Hiern.

GENUS *Geigeria* **FAMILY** Asteraceae

COMMON NAMES Winged Geigeria

EDIBLE PARTS AND USES

Edible parts: Leaves - flavouring

Caution: Several Geigeria species have a toxic chemical called geigerin.
The leaves are used in sauces and for flavouring.

DESCRIPTION

A herb. It grows 30 cm high.

HABITAT

It is a tropical plant. It grows in drier parts of south and central Africa.

REFERENCES

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 1. Kew.

Seidemann J., 2005, World Spice Plants. Economic Usage, Botany, Taxonomy. Springer. p 162

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

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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/3d034a63-f5ea-4baa-ab1c-c55cbdfae31b