PLANT FACT SHEET

Cyanthillium cinereum (L.) H. Rob.

GENUS *Cyanthillium* **FAMILY** Asteraceae

COMMON NAMES Ash-coloured fleabane, Little iron weed

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The young leaves are edible cooked. They are used as a pot-herb. It is cooked with other leaves to improve the flavour.
Caution: Older plants contain cyanide and would need to be well cooked.
The plant is powdered and added to millet or rice to make beer and other alcoholic drinks. Caution: Alcohol is a cause of cancer.

DESCRIPTION

An annual erect herb with stout spreading branches. It can continue to grow from year to year from its rootstock. It is about 50-100 cm high. The stems are firm and rounded but with ribs. It sprawls over other plants. The leaves have almost no leaf stalk and they are 2 to 12 cm long and shallowly toothed. The leaves are sparse on the upper stems. Leaves are paler underneath. About 40 to 70 flowers make up the flower head. This head is 2.5 mm across. The flower bract is green and the flowers pale purple.

HABITAT

A tropical plant. It is widely distributed in the tropics. It grows in the lowlands. It is a common weed in open waste spaces throughout the Philippines at low and medium altitudes. In Papua New Guinea it grows to 1200 m altitude. In Kenya it grows in hot coastal areas from sea level to 1,700 m altitude. In Nepal it grows between 80-2,300 m above sea level. It can grow in arid places.

PRODUCTION

Cultivation

It spreads naturally by seed.

NOTES

The plant has been used in medicine.

REFERENCES

Achigan-Dako, E, et al (Eds), 2009, Catalogue of Traditional Vegetables in Benin. International Foundation for Science. (As Vernonia cinerea)

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 672 (As Vernonia cinerea)

Bircher, A. G. & Bircher, W. H., 2000, Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics. AUC Press. p 60 (As Blumea chinensis)

Borrell, O.W., 1989, An Annotated Checklist of the Flora of Kairiru Island, New Guinea. Marcellin College, Victoria Australia. p 64 (As Vernonia cinerea)

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 1. Kew. (As Vernonia cinerea)

Burkill, I.H., 1966, A Dictionary of the Economic Products of the Malay Peninsula. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 2 (I-Z) p 2267 (As Vernonia cinerea)

Burkill, I.H., 1966, A Dictionary of the Economic Products of the Malay Peninsula. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 1 (A-H) p 342

Caton, J.M. & Hardwick, R. J., 2016, Field Guide to Useful Native Plants from Temperate Australia. Harbour Publishing House. p 310 (As Vernonia cinerea)

Codjia, J. T. C., et al, 2003, Diversity and local valorisation of vegetal edible products in Benin. Cahiers Agricultures 12:1-12 (As Vernonia cinerea)

Cribb, A.B. & J.W., 1976, Wild Food in Australia, Fontana. p 136 (As Vernonia cinerea)

Dangol, D. R., 2002, Economic uses of forest plant resources in western Chitwan, Nepal. Banko Janakari, 12(2): 56-64 (As Vernonia cinerea)

Dangol, D. R. et al, 2017, Wild Edible Plants in Nepal. Proceedings of 2nd National Workshop on CUAOGR, 2017. (As Vernonia cinerea)

Dansi, A., et al, 2008, Traditional leafy vegetables and their use in the Benin Republic. Genet Resour Crop Evol (2008) 55:1239–1256

Dansi, A., et al, 2009, Traditional leafy vegetables in Benin: folk nomenclature, species under threat and domestication. Acta Bot. Gallica 156(2), 183-199 (As Vernonia cinerea)

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 45 (As Vernonia cinerea)

Fox, F. W. & Young, M. E. N., 1982, Food from the Veld. Delta Books. p 128 (As Vernonia cinerea)

Gautam, R. S., et al, 2022, Ethnobotanical Review of Wild Edible Plants of Nepal. Journal of Natural History Museum Volume 32, 2021-22 p 106

Golait, S. D., et al, 2021, Documentation of Wild Edible Leafy Vegetable Traditionally Used by Tribal and Rural Communities of North Maharashtra, India. Plantae Scientia : Volume 04, Issue 03, May 2021 (As Vernonia cinerea)

GRIN

Grivetti, L. E., 1980, Agricultural development: present and potential role of edible wild plants. Part 2: Sub-Saharan Africa, Report to the Department of State Agency for International Development. p 48 (As Vernonia cinerea)

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 544 (As Vernonia cinerea)

Hahn, K., et al, 2018, The use of wild plants for food: a national scale analysis for Burkina Faso (West Africa). FVSS FoodPlants Supplement (As Vernonia cinerea)

Henty, E.E., & Pritchard, G.S., 1973, Weeds of New Guinea and their control. Botany Bulletin No 7, Division of Botany, Lae, PNG. p 87 (As Vernonia cinerea)

Hussey, B.M.J., Keighery, G.J., Cousens, R.D., Dodd, J., Lloyd, S.G., 1997, Western Weeds. A guide to the weeds of Western Australia. Plant Protection Society of Western Australia. p 108 (As Vernonia cinerea)

Jackes, B. R., 2010, Plants of Magnetic Island. 3rd Edition. James Cook University, Australia. p 110

Jadhav, R., et al, 2015, Forest Foods of Northern Western Ghats: Mode of Consumption, Nutrition and Availability. Asian Agri-History Vol. 19, No. 4: 293-317 (As Vernonia cinerea)

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 109 (As Vernonia cinerea)

Kenneally, K.E., Edinger, D. C., and Willing T., 1996, Broome and Beyond, Plants and People of the Dampier Peninsula, Kimberley, Western Australia. Department of Conservation and Land Management. p 69 (As Vernonia cinerea)

Lazarides, M. & Hince, B., 1993, Handbook of Economic Plants of Australia, CSIRO. p 245 (As Vernonia cinerea)

Levitt, D., 1981, Plants and people. Aboriginal uses of plants on Groote Eylandt. Australian Institute of Aboriginal Studies, Canberra. p 89 (var. lanata) (As Vernonia cinerea)

Linnaea 4:291. 1829 (As Vernonia cinerea)

Malaisse, F., 1997, Se nourrir en floret claire africaine. Approche ecologique et nutritionnelle. CTA., p 91. (As Vernonia cinerea)

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 79, 184, 186 (Also as Vernonia cinerea)

Maundu, P. et al, 1999, Traditional Food Plants of Kenya. National Museum of Kenya. 288p (As Vernonia cinerea)

Melzer, R. & Plumb, J., 2011, Plants of Capricornia. Belgamba, Rockhampton. p 511

Full reference list (26 more) at https://www.echocommunity.org/en/resources/3e7ea81c-72b9-4f0d-b931-be8a6fb58b26

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/3e7ea81c-72b9-4f0d-b931-be8a6fb58b26