PLANT FACT SHEET

Cosmos caudatus H. B. Kunth

GENUS *Cosmos* **FAMILY** Asteraceae

COMMON NAMES Wild cosmos

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The shoots are eaten raw with vermicelli.
The young leaves are eaten as a vegetable. They are also cooked and added to stews.
The leaves are mixed with rice to prepare yeast.

DESCRIPTION

An erect annual herb. It grows 0.5-2 m high. The stem has sparse hairs. The leaves are divided 2 or 3 times. They are 5-15 cm long with a leaf stalk 7 cm long. The upper segments of the leaf are oblong and 1.5-3.5 cm long by 3-6 mm wide. There is one flower head. It is 1-1.5 cm long and 5 mm wide. The dry fruit is 2-2.6 cm long.

HABITAT

It is a tropical plant. In Indonesia it grows from coastal areas up to high mountains. It needs a fertile, well-drained soil. It suits hardiness zones 7-11.

PRODUCTION

Cultivation

Plants can be grown from seeds. For edible leaves it is normally planted densely and harvested by thinning out.

NOTES

There are about 25 Cosmos species.
It possibly has anti-cancer properties.

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