PLANT FACT SHEET

# *Ethulia scheffleri* S. Moore

**GENUS** *Ethulia* **FAMILY** Asteraceae

## EDIBLE PARTS AND USES

**Edible parts:** Leaves

## DESCRIPTION

A herb. It grows 90-200 cm tall. The stems are woody and tinged red. The leaves are narrowly oval and 4-10 cm long by 1-3 cm wide. The leaves have teeth along the edge. The flowering heads are at the end of the plant. There are 30-45 flowers in the head.

## HABITAT

It is a tropical plant. It grows between 1,500-2,500 m above sea level in Kenya. It grows in swampy sites and along streams.

## REFERENCES

East African Herbarium records, 1981,

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 90

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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/46ac7b47-666b-4933-9a4b-a9b8e6293442