PLANT FACT SHEET

Sphaeranthus flexuosus O. Hoffm.

GENUS *Sphaeranthus* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb. It grows 25 cm tall. The stems can lie along the ground. The leaves are 6.5 cm long and heart shaped. They clasp the stem at the base. They are hairy. There can be teeth along the edge. The flowering shoots are in the axils of leaves or at the ends of the plant. They form round heads 1 cm across. They are purple.

HABITAT

It is a tropical plant.

REFERENCES

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 71 (As Sphaeranthus humilis)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/5614bf9c-06f5-4631-a68f-8898ef539cc4