PLANT FACT SHEET

Cyathula orthacantha (Asch.) Schinz

GENUS *Cyathula* **FAMILY** Amaranthaceae

COMMON NAMES Cyathula

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The young leaves are used as a vegetable. They are cut into pieces, washed, cooked and then have peanut paste added.

DESCRIPTION

An annual herb. It is erect and has many branches but can also lie along the ground. It grows 1.5 m tall. The stems and branches have white hairs when young. They become angular. The leaves are narrowly oval and vary in shape. They can be 1-15 cm long and 5.5 cm wide. The tip is pointed and it narrows to the base. The flowers can be white to pale green or red. They are near the ends of branches. The flowers are in groups forming rounded heads 4-6 cm wide. The fruit is a small one seeded capsule. These form as a burr about 15. cm across.

HABITAT

It is a tropical plant.

PRODUCTION

Cultivation

Plants can be grown from seeds.

Harvesting and Seed Production

Leaves are collected in the rainy season.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6225c631-570f-48c3-b6d7-48a38e93fce2