



PLANT FACT SHEET

Cosmos sulphureus Cav.

GENUS *Cosmos* FAMILY Asteraceae

COMMON NAMES Yellow cosmos, Sulfur cosmos

EDIBLE PARTS AND USES

Edible parts: Leaves, Spice, Flowers

The leaves are eaten raw or cooked. They are used as a spice or flavouring. They are rolled in rice paper with meat, fish or other vegetables.

DESCRIPTION

A perennial herb. It grows to 1 m high and spreads to 50 cm across. The stem is erect, slender and very delicate. The leaves are finely divided 2 or 3 times, with fine narrow lobes. The flowers are yellow. They are in open, bowl-shaped flower heads, and these are borne in clusters. These are 3.5-6 cm across.

HABITAT

A tropical plant. It grows best on light well-drained soil. It needs an open sunny position. It is drought and frost resistant. It needs a temperature above 5°C to grow. In Vietnam it grows up to 1,200 m above sea level. In Argentina it grows below 500 m above sea level. It suits hardiness zones 7-11.

PRODUCTION

Cultivation

It is grown by seeds sown directly into the site where they are to grow.

NOTES

There are about 25 *Cosmos* species.

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PROVIDED BY Food Plants International

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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