PLANT FACT SHEET

Sphaeromorphaea australis (Less.) Kitam.

GENUS *Sphaeromorphaea* **FAMILY** Asteraceae

COMMON NAMES Spreading nutheads

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

DESCRIPTION

A herb that grows each year from seed. The stems are branched and straggling. The leaves on the stem are oblong to broadly sword shaped and 4 cm long by 2 cm wide. They are narrowed at the base into the leaf stalk.

HABITAT

It is a subtropical plant. It suits the seasonally dry tropics.

REFERENCES

Flora of China (As Epaltes australis)

Li, D. et al, 2017, Ethnobotanical survey of herbal tea plants from the traditional markets in Chaoshan, China. Journal of Ethnopharmacology. 205 (2017) 195-206 (As Epaltes australis)

Liu, S., et al, 2023, Wild edible plants and their cultural significance among the Zhuang ethnic group in Fangchenggang, Guangxi, China. Journal of Ethnobiology and Ethnomedicine. 19:5 (As Epaltes australis)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/676aafce-c40c-474d-94bc-2f8f512688aa