PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Aspilia pluriseta Schweinf.

GENUS *Aspilia* **FAMILY** Asteraceae

COMMON NAMES Dwarf aspilia

EDIBLE PARTS AND USES

Edible parts: Fruit

The fruit are eaten as a dessert fruit.

DESCRIPTION

A herb. It can be erect or lie along the ground. The branches are 30-60 cm long. The leaves do not have stalks and the leaf blade is 4 cm long by 2.5 cm wide. There are teeth around the edge. The fruit are dry and 3.5 mm long and oval.

HABITAT

It is a tropical plant. It can grow in arid places. It grows in open woodland and grassland. In Zimbabwe it grows between 1,360-1,560 m above sea level.

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