PLANT FACT SHEET

Crassocephalum montuosum (S. Moore) Milne-Redh.

GENUS *Crassocephalum* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Stem

The young leaves are cooked and eaten as a leafy vegetable. The are cut then cooked.

DESCRIPTION

A herb. It grows 1.5 m tall. The leaves are alternate and oval to sword shaped. They are 9 cm long by 5 cm wide and they have teeth along the edge. The flowers are yellow and 1 cm long and 5-8 mm across.

HABITAT

It is a tropical plant. In Ethiopia it grows between 1,200-2,270 m above sea level.

REFERENCES

Awas, T., 1997, A Study on the Ecology and Ethnobotany of Non-cultivated Food Plants and Wild Relatives of Cultivated crops in Gambella Region, Southwestern Ethiopia. Addis Ababa University. p 42

Karhagomba, I. B., et al, 2013, The cultivation of wild food and medicinal plants for improving community livelihood: The case of the Buhozi site, DR Congo. Nutrition Research and Practice (Nutr Res Pract) 2013;7(6):510-518

Latham, P., 2004, Useful Plants of Bas-Congo province. Salvation Army & DFID p 257 (As Crassocephalum bumbense)

Lautenschläger, T., et al, 2018, First large-scale ethnobotanical survey in the province of Uíge, northern Angola. Journal of Ethnobiology and Ethnomedicine (2018) 14:51

Lulekal, E., et al, 2011, Wild edible plants in Ethiopia: a review on their potential to combat food insecurity. Afrika Focus - Vol. 24, No 2. pp 71-121

Mawunu, M., et al, 2020, First Survey of the Edible Non-Wood Forest Products Sold in Uige Province, Northern Angola. European Journal of Agriculture and Food Sciences. Vol. 2, No. 6

Mawunu, M., et al, 2022, Ethnobotanical uses of wild edible plants of Mucuba municipality, Angola. Natural Resources for Human Health. 2022, 0:1-10

Terashima, H., et al, 1992, Ethnobotany of the Lega in the Tropical Rainforest of Eastern Zaire (Congo): Part Two, Zone de Walikale, African Study Monographs, Suppl. 19:1-60

Terashima, H., & Ichikawa, M., 2003, A comparative ethnobotany of the Mbuti and Efe hunter-gatherers in the Ituri Forest, Democratic Republic of Congo. African Study Monographs, 24 (1, 2): 1-168, March 2003 (As Crassocephalum bumbense)

Termote, C., et al, 2011, Eating from the wild: Turumbu, Mbole and Bali traditional knowledge of non-cultivated edible plants, District Tshopo, DRCongo, Gen Resourc Crop Evol. 58:585-618

von Katja Rembold, 2011, Conservation status of the vascular plants in East African rain forests. Dissertation Universitat Koblenz-Landau p 163

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6aad46c3-cf12-428d-8c82-41a81488d07a