PLANT FACT SHEET

Senecio deltoideus Less.

GENUS *Senecio* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are cooked and eaten as a vegetable.

DESCRIPTION

A herb. It keeps growing from year to year. The stems grow 2-7 m long. They are green, ribbed and finely hairy. The leaves are D shaped and have teeth along the edge. The flowers are yellow.

HABITAT

It is a subtropical plant. In South Africa it grows from sea level to 1,500 m above sea level.

REFERENCES

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 36

Welcome, A. K. & Van Wyk, B.-E., 2019, An inventory and analysis of the food plants of southern Africa. South African Journal of Botany 122 (2019) 136–179

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6c3bc385-a983-4384-a146-8160e9df50ed