PLANT FACT SHEET

Adenostemma lavenia (L.) Kuntze

GENUS *Adenostemma* **FAMILY** Asteraceae

COMMON NAMES Sticky daisy

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

It is eaten in Bali as a vegetable but because it is bitter it is only used in mixtures.

DESCRIPTION

A herb. It grows 1 m high. The leaves are simple and 2-20 cm long by 1-13 cm wide. The leaves get smaller from the base upwards. The leaf stalks are 1-6 cm long. The flowering stalk has a panicle of heads. The flower heads are 3-7 mm across. They are white. The fruit is a nut. It is black and 2-4 mm long and 1 mm wide.

HABITAT

A tropical plant. It grows throughout the tropics. It grows in waste places. It suits wetlands.

NOTES

It is used in medicine.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6cb8fa9a-c23c-497c-aeda-4ce68b76e744