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.

Senecio venosus Harv.

GENUS *Senecio* **FAMILY** Asteraceae

COMMON NAMES Groundsel

EDIBLE PARTS AND USES

Edible parts: Leaves - drink, Stems - drink

The dry leaves and stems are used to make a drink. They are boiled in water for about 15 minutes until a light red colour is produced.
Caution: It may be toxic. It probably has alkaloids.

DESCRIPTION

A herb. It has slender underground stems or rhizomes. It grows 90 cm high.

HABITAT

It is a subtropical plant. It grows in the high veld. It can grow in arid places.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/71979f41-d79c-429e-a952-62719f7afac4