PLANT FACT SHEET

Struchium sparganophorum (L.) O. Kuntze

GENUS *Struchium* **FAMILY** Asteraceae

COMMON NAMES Water Bitterleaf

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The young leaves are used as a pot herb.
Caution: The leaves contain alkaloids.

DESCRIPTION

An annual herb. It is somewhat succulent. It can be erect or lie over. It grows 1.3 m high. The flowers can be white or pink.

HABITAT

A tropical plant. It grows in damp places across West Africa.

PRODUCTION

Cultivation

Plants can be grown by seeds.

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