PLANT FACT SHEET

# *Helichrysum indicum* (L.) Grierson

**GENUS** *Helichrysum* **FAMILY** Asteraceae

**COMMON NAMES** Many Stem Cudweed, Annual strawflower

## EDIBLE PARTS AND USES

**Edible parts:** Leaves

The leaves are eaten as a pot-herb. They are also used raw as a dressing.
The flowers and leaves are eaten as a vegetable.

## DESCRIPTION

A herb. It grows each year from seed. It has a woody taproot. The leaves are greyish-white and woolly. The leaves vary in size. The flower heads are smaller than Jersey cudweed and more leafy. The leaves are soft and limp. The flowers are white to cream coloured.

## HABITAT

It is a subtropical plant. It suits the seasonally dry tropics.

## NOTES

There are about 200 Gnaphalium species.

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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/7a722044-9ab4-4d9b-b36c-b473cc9b263a