PLANT FACT SHEET

Achyranthes aspera L.

GENUS *Achyranthes* **FAMILY** Amaranthaceae

COMMON NAMES Chaff-flower, Rough chaff tree

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Seeds, Vegetable

The young leaves and seeds are cooked and eaten. They are boiled without salt. They are boiled or stir-fried with other spices. The dry seeds are also eaten raw.
The ash is used for flavouring.

DESCRIPTION

A coarse rambling annual herb. It has many branches but the branches are not close together. The plant grows 0.5 to 2 m high and spreads 0.5 m across. The stem is erect, hairy and woody. It often has many joints. The leaves are in opposite pairs. The leaves are 6 to 15 cm long, somewhat wedge shaped and slightly hairy and tapering to a point. The flower spikes are 10 to 50 cm long with small green flowers about 5 mm long. The chaffy flowers on long spikes tend to eventually point downwards. They have rigid curved spines near the flower. The seeds attach to clothes.

HABITAT

A tropical plant. A native plant of tropical areas. It occurs in waste places at low and medium altitudes in the Philippines. It grows in northern Australia. It prefers moist well drained soils. It can grow in a partly shaded position but is most commonly in full sunshine. It is drought and frost tender. It does best in soils with high organic matter but can grow in sandy areas. It can grow in arid places. It has become common in Papua New Guinea in low altitudes in areas with seasonal climates. It Java it grows up to 300 m above sea levels. In Tanzania it grows up to 3,000 m above sea level and in areas with 700-1,300 mm rainfall.

PRODUCTION

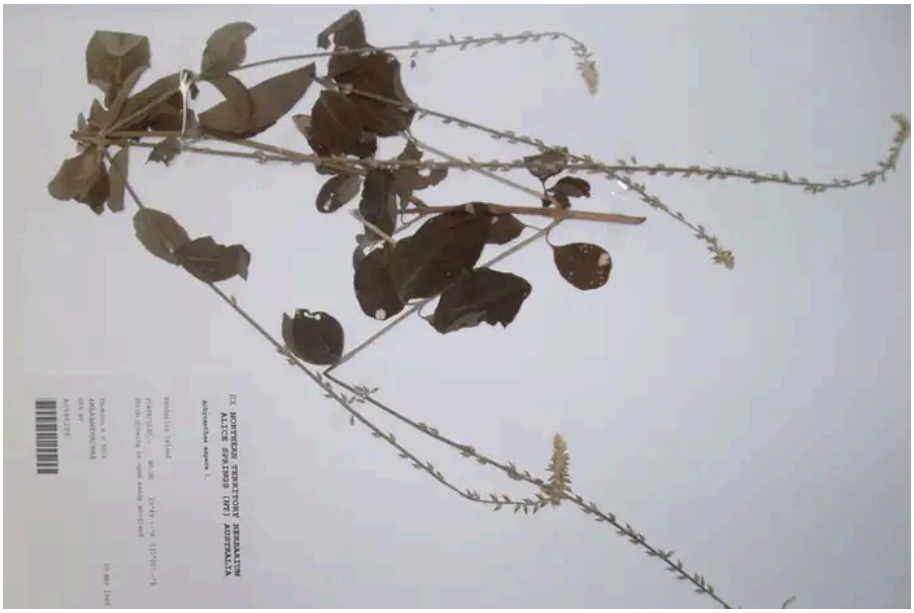
Cultivation

It is grown by seed.

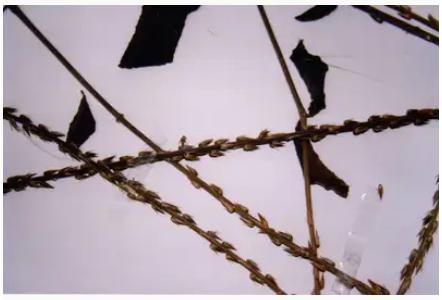
NOTES

This one is used as medicine in Nepal. It has some anticancer properties. There are 6 Achyranthes species. The grow in tropical and warm temperate regions.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

Abdella, M., et al, 2023, Assessment of Wild Edible Plant Species in East Hararghe Zone, Oromia, Ethiopia. International Journal of Science, Technology and Society 2023; 11(3): 81-94

Achigan-Dako, E. G., et al, (Eds.), 2010, Traditional vegetables in Benin. Institut National des Recherches Agricoles du Bénin. Imprimeries du CENAP, Cotonou.

Ahirwar, R. K. & Shakya, V.S., 2015, An Ethnobotanical Survey of Some Wild Edible Plants of Bijuri Forest District Anuppur, Madhya Pradesh, Central India. International Journal of Science and Research (IJSR). 4(6) p 1642

Al-Sodany, Y. M., et al, 2013, Medicinal Plants in Saudi Arabia: I. Sarrwat Mountains at Taif, KSA. Academic Journal of Plant Sciences 6 (4): 134-145

Ambasta S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 10

Bao Bojian; Steve Clemants, Thomas Borsch, Amaranthaceae [Draft], Flora of China

Behera, K. K. et al, 2008, Wild Edible Plants of Mayurbhanj District, Orissa, India. J. Econ. Taxon. Bot. Vol. 32 (Suppl,) pp 305-314

BHANDARI,

Bhaskarachary, K., et al, 1995, Carotene content of some common and less familiar foods of plant origin. Food Chemistry 54: 189-193

Bircher, A. G. & Bircher, W. H., 2000, Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics. AUC Press. p 7

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 44

Bouri, T. & Ganguly, S., 2016, Documentation of traditional knowledge on edible wild plants of forests in Burdwan district, West Bengal (India). Journal of Medicinal Plants Studies 2016; 4(5): 35-38

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 1. Kew.

Burkill, I.H., 1966, A Dictionary of the Economic Products of the Malay Peninsula. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 1 (A-H) p 33

Borrell, O.W., 1989, An Annotated Checklist of the Flora of Kairiru Island, New Guinea. Marcellin College, Victoria Australia. p 47

Chandewar, N.G. & Chandewar, R., 2023, Exploration, Documentation and Ethno-botanical Studies of Wild Edible Plants of Mogarkasa Conservation Reserve (MCR) of Nagpur District, Maharashtra State. International Advanced Research Journal in Science, Engineering and Technology Vol. 10, Issue 5 May 2023

Chauhan, S. H., et al, 2018, Consumption patterns of wild edibles by the Vasavas: a case study from Gujarat,
India. Journal of Ethnobiology and Ethnomedicine (2018) 14:57

Checklist of NT Vascular Plant Species. January 2003.

Cooper, W. and Cooper, W., 2004, Fruits of the Australian Tropical Rainforest. Nokomis Editions, Victoria, Australia. p 14

Cowie, I, 2006, A Survey of Flora and vegetation of the proposed Jaco-Tutuala-Lore National Park. Timor-Lests (East Timor) www.territorystories.nt/gov.au p 42

Cribb, A.B. & J.W., 1976, Wild Food in Australia, Fontana. p 115

Cunningham, 1985,

Devarkar, V. D., et al, 2011, Dietary and Medicinal Significance of Wild Vegetables from Osmanabad Region, Maharashtra (India). Life sciences Leaflets 11:317-332.

Dey, A. & Mukhererjee, A., 2015, Living and Survival Amidst Hunger: Wild Edible Botanicals as a Prime Forest Productivity in the Rural Purulia District, West Bengal, India from Colonial to Present. Research Journal of Forestry 9(3): 71-86

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 8

Flora of Australia Volume 49, Oceanic Islands 1, Australian Government Publishing Service, Canberra. (1994) p 88

Fowler, D. G., 2007, Zambian Plants: Their Vernacular Names and Uses. Kew. p 6

Fox, F. W. & Young, M. E. N., 1982, Food from the Veld. Delta Books. p 70

Franklin, J., Keppel, G., & Whistler, W., 2008, The vegetation and flora of Lakeba, Nayau and Aiwa Islands, Central Lau Group, Fiji. Micronesica 40(1/2): 169–225, 2008

GAMMIE;

Gobezie, S., & Mersha W., 2023, Ethnobotanical survey of some wild edible plants among the Mursi, Bodi and Bacha communities in lower Omo valley of south Omo zone, southern Ethiopia. Research Square.

Gogoi, D, et al, 2023, Foods from the wild. A review on the diversity and use pattern of wild edible plants of Arunachal Himalaya for sustainable management. Plant Science Today Vol.10 No.1

Golait, S. D., et al, 2021, Documentation of Wild Edible Leafy Vegetable Traditionally Used by Tribal and Rural Communities of North Maharashtra, India. Plantae Scientia : Volume 04, Issue 03, May 2021

Grivetti, L. E., 1980, Agricultural development: present and potential role of edible wild plants. Part 2: Sub-Saharan Africa, Report to the Department of State Agency for International Development. p 49

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 559

GUPTA & KANODIA,

Hankiso, M., et al, 2023, Ethnobotany of wild edible plants in Soro District of Hadiya Zone, southern Ethiopia. Journal of Ethnobiology and Ethnomedicine. 19:21

Full reference list (85 more) at https://www.echocommunity.org/en/resources/86141810-728b-43b4-bc59-c1d3f2d0b0d2

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/86141810-728b-43b4-bc59-c1d3f2d0b0d2