PLANT FACT SHEET

Gymnanthemum myrianthum (Hook. f.) H. Rob.

GENUS *Gymnanthemum* **FAMILY** Asteraceae

COMMON NAMES Blue bitter-tea, Eared bitter-tea

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

DESCRIPTION

A shrub or tree. It is erect and 3-6 m high. It usually only branches at the base. The stems and the underneath of the leaves are densely hairy. The leaf stalks are 5 cm long. The leaf blades are oval and 30 cm long by 12 cm wide. There are irregular pointed teeth along the edge. The flowers are in loose large clusters 40 cm across. There are many flower heads. They are mauve.

HABITAT

It is a tropical plant. It grows along the edges of mountain rainforest. It also grows along streams. It suits humid locations.

REFERENCES

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 1. Kew. (As Vernonia myriantha)

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 565 (As Vernonia myriantha)

Kakeya, 1976, (As Vernonia myriantha)

Nishida & Uehara, 1983, (As Vernonia myriantha)

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 93 (As Vernonia myriantha)

White, F., Dowsett-Lemaire, F. and Chapman, J. D., 2001, Evergreen Forest Flora of Malawi. Kew. p 207 (As Vernonia myriantha)

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

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/8f515fef-58d9-48b6-b921-c410a90da2e7