PLANT FACT SHEET

Pseudognaphalium luteoalbum (L.) Hilliard & B. L. Burtt

GENUS *Pseudognaphalium* **FAMILY** Asteraceae

COMMON NAMES Jersey Cudweed

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are used as relish. They are also cooked and eaten.
The fresh leaves are eaten as a leafy green.
The leaves are also cooked and added to porridge.
The leaves are used fresh or dried. They are mixed with sticky rice to make rice cakes.

DESCRIPTION

A small herb. It has a single stem. It can grow a few cm or 60 cm high. The whole plant has a white covering. The leaves are sword shaped and narrow. The leaves are alternate and do not have leaf stalks. The leaves are a narrow spoon shape and 0.5 cm wide. They are 4-7 cm long. They are woolly and stalkless. The flower heads occur in dense clusters at the top of the plant. There can also be smaller clusters in the axils of leaves lower down. The flowers are bright yellow and at the top of the plant. They are surrounded by shiny bracts which are green near their bases. A head consists of many female flowers and a few bisexual disk flowers.

HABITAT

It is a subtropical plant. It grows in well-drained dry sandy soils. In Africa it grows between 5-3,850 m above sea level. It can grow in mountain grassland as well as along the edges of streams. It grows in mountain regions in Vietnam at 1,800 m above sea level. It often grows in poor sites. It is often close to water. It can grow in arid places. Tasmania Herbarium. In Sichuan,

NOTES

There are about 200 Gnaphalium species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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