PLANT FACT SHEET

Sphaeranthus indicus Linn.

GENUS *Sphaeranthus* **FAMILY** Asteraceae

COMMON NAMES Indian globe flower

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten after cooking.

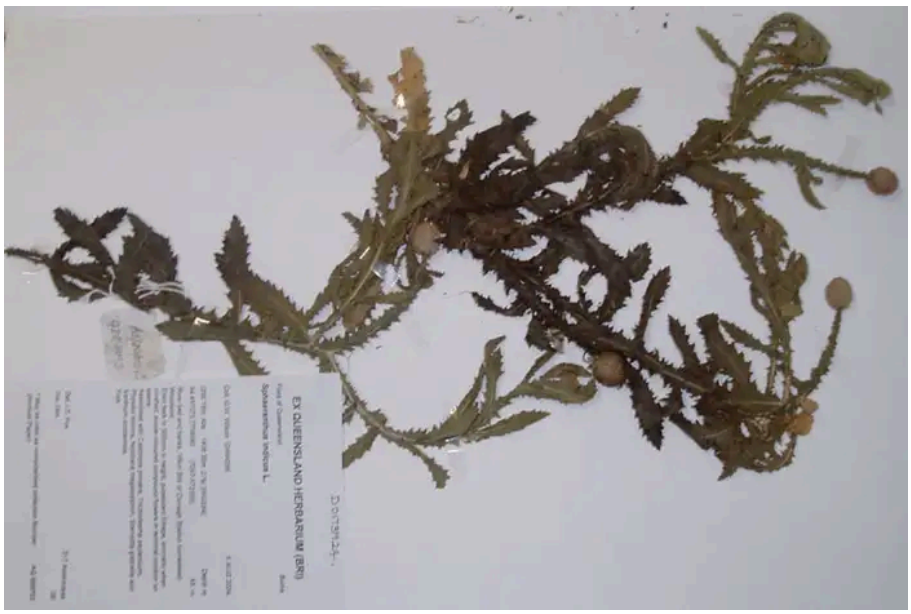
DESCRIPTION

An annual herb. It grows erect and has an aroma. It has 4 irregular and sharply toothed wings. It grows 50 cm high. The leaves are long sword shaped or spoon shaped and 3-6 cm long by 1-3 cm wide. There are irregular double teeth along the edge. The flowers are purple, pink and white.

HABITAT

A tropical plant. It grows on clays and seasonally flooded areas. It grows in rice fields. In southern China it grows along sandy banks along rivers between 700-1,000 m above sea level. In Yunnan.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 591

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

Dobriyal, M. J. R. & Dobriyal, R., 2014, Non Wood Forest Produce an Option for Ethnic Food and Nutritional Security in India. Int. J. of Usuf. Mngt. 15(1):17-37

Kauthale, V. et al., 2017, Diversity of Wild Edible Plants in Dhadgaon Block of Nandurbar District in Maharashtra, India. Int. J. Curr. Res. Biosci. Plant Biol. 4(6), 62-73

Kuvar, S. D. & Shinde, R. D., 2019, Wild Edible Plants used by Kokni Tribe of Nasik District, Maharashtra. Journal of Global Biosciences. Volume 8, Number 2, 2019, pp. 5936-5945

Marandi, R. R. & Britto, S. J., 2015, Medicinal Properties of Edible Weeds of Crop Fields and Wild plants Eaten by Oraon Tribals of Latehar District, Jharkhand. International Journal of Life Science and Pharma Research. Vo. 5. (2) April 2015 (As Sphaeranthus hirtus)

Paczkowska, G. & Chapman, A.R., 2000, The Western Australian Flora. A Descriptive Catalogue. Western Australian Herbarium. p 176

Sp. pl. 2:1314. 1753

Swapna, M. M. et al, 2011, A review on the medicinal and edible aspects of aquatic and wetland plants of India. J. Med. Plants Res. 5 (33) pp. 7163-7176

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/9d4c03d9-c472-40cf-a247-2647ea84b045