PLANT FACT SHEET

Baccharoides adoensis (Sch.Bip. ex Walp.) H. Rob.

GENUS *Baccharoides* **FAMILY** Asteraceae

COMMON NAMES Shire vernonia

EDIBLE PARTS AND USES

Edible parts: Root

DESCRIPTION

A shrub that has soft wood. It grows 2 m tall. The leaves are alternate and broadly oval. They have strongly wavy edges. The flowers are in several large flower heads on long stalks. They are white and mauve. The have several loose bracts around them.

HABITAT

It is a tropical plant. It grows in open woodland and wooded grassland. It is often near streams.

NOTES

There are several hundred Vernonia species. They occur throughout the tropics.

REFERENCES

Dalziel, J. M., 1937, The Useful plants of west tropical Africa. Crown Agents for the Colonies London.(As Vernonia tenoreana)

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

Pickering, H., & Roe, E., 2009, Wild Flowers of the Victoria Falls Area. Helen Pickering, London. p 41 (As Vernonia adoensis)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/9e8c534d-8464-487a-bc46-7a58142d370f