PLANT FACT SHEET

Caylusea abyssinica (Fresen.) Fisch. & Mey.

GENUS *Caylusea* **FAMILY** Resedaceae

COMMON NAMES Arencho

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are boiled as a vegetable. They are washed, chopped, cooked and eaten with other vegetables. It is popular where it is cooked with pounded cannabis seeds.

DESCRIPTION

A herb. It is erect and 1.5 m tall. The taproot is slightly woody. The leaves are alternate and the upper leaves can be in rings. They do not have leaf stalks. There can be a cluster of small leaves in the axils. The leaf blade is narrow and 2-9 cm long by 0.5-2.5 cm wide. The edges can be wavy and there can be teeth. The flowering stalk is like a spike and 40 cm long. The flowers have both sexes. The fruit is made up of one seeded sections spreading out like a star. The seeds are kidney shaped and 1.5 mm long by 1 mm wide. They are dark brown and wrinkled.

HABITAT

It is a tropical plant. It grows in open grassland between 1,500-2,750 m above sea level.

PRODUCTION

Cultivation

Plants can be grown from seeds.

Harvesting and Seed Production

Leaves are mostly collected during the rainy season.

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