PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Acanthospermum hispidum DC.

GENUS *Acanthospermum* **FAMILY** Asteraceae

COMMON NAMES Bristly star-bur

EDIBLE PARTS AND USES

Edible parts: Leaf sap

The sap from the leaves is squeezed out are used in sauces and as a spice and in flavourings.
Caution: It can probably induce abortions.

DESCRIPTION

A herb. It grows 50-130 cm high. It grows each year from seed. It has many branches and grows each year from seed. It is hairy or thorny. The leaves are opposite and oval. They can have small teeth long the edge. The flowers are small and yellow with spiny bracts. they are clustered in heads. The fruit are flattened and triangle shaped. They are covered in stiff, hooked hairs. There are a pair of spines at the top.

HABITAT

It is a tropical plant. It grows in flooded rice fields and other disturbed areas. In Yunnan.

NOTES

It has become an aggressive weed in some places.
It has antibacterial properties.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ab84faa0-94e0-4abe-809b-1a55e946af17