PLANT FACT SHEET

Pectis papposa Harv. & Gray

GENUS *Pectis* **FAMILY** Asteraceae

COMMON NAMES Chinchweed

EDIBLE PARTS AND USES

Edible parts: Seeds, Leaves, Flowers - seasoning

The seeds are parched and ground and used to make a porridge. They are also used in soups.
The fresh plant is dipped in salt water and eaten with cornmeal as a condiment.
The flowers are used for seasoning meat.

DESCRIPTION

A herb. It grows 5-20 cm tall. The leaves are 4 cm long by 3 mm wide. The flower heads are yellow and 1.5 m wide. The fruit is a narrow seed.

HABITAT

It is a subtropical plant.

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b4e36ce2-a338-4871-b5e8-9a5340b73b14