PLANT FACT SHEET

Gymnanthemum amygdalinum (Delile) Sch. Bip.

GENUS *Gymnanthemum* **FAMILY** Asteraceae

COMMON NAMES Bitter leaf

EDIBLE PARTS AND USES

Edible parts: leaves - flavouring

The leaves are used in soups as flavouring.

DESCRIPTION

A shrub or small tree. It grows 3-8 m tall. The trunk can be 40 cm wide. The leaves are narrowly oval and taper to the tip. They are 9-17 cm long by 4-6 cm wide. The flowers are white or pale red.

HABITAT

It is a tropical plant. It grows between 600-2,800 m above sea level.

NOTES

It is used as a medicine to treat malaria.

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