PLANT FACT SHEET

Erechtites hieracifolius (L.) Raf. ex DC.

GENUS *Erechtites* **FAMILY** Asteraceae

COMMON NAMES Fireweed, American burnweed

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers

The young leaves are cooked and eaten. It is also eaten raw.
The young flower heads are eaten raw or steamed with rice.

DESCRIPTION

An annual herb. It grows 2 m high and spreads 2 m wide. The stem is thick and fleshy. It is slightly hairy. The leaves are alternate and narrowly sword shaped. They taper to the end. There are teeth around the edge. The flowers are white. Unopened flowers are yellow. They are in loose clusters at the top of the plant.

HABITAT

A tropical plant. It will grow in most soils. It needs an open sunny position. It is resistant to frost and drought. In Java it grows up to 2,000 m above sea level. In southern China it grows between 1,000-1,400 m above sea level. In Srgentina it grows from sea level to 1,000 m above sea level. In Sichuan and Yunnan.

NOTES

There are 6 Erechtites species.

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