PLANT FACT SHEET

Senecio vulgaris L.

GENUS *Senecio* **FAMILY** Asteraceae

COMMON NAMES Common groundsel

EDIBLE PARTS AND USES

Edible parts: Leaves

CAUTION: It can cause diarrhoea and vomiting.
The young leaves are used in stews and soups. They are boiled and then cooked in oil.

DESCRIPTION

A herb. It is an annual plant. The plant grows to 15-40 cm high. Stems may branch in an irregular fashion. The leaves which form a ring at the base have leaf stalks. The leaves on the stems do not have stalks. They sometimes clasp the stem. They are 5-7.5 cm long. The leaves are fleshy and lobed. There are irregular teeth around the edge. The flower is at the top or in the axils of leaves near the top. The flower heads are in dense clusters. The flowers are yellow.

HABITAT

It grows in temperate places. In China it grows between 300-2,300 m above sea level. Tasmania Herbarium.

NOTES

There are over 1000 Senecio species. It is used in medicine.

PICTURES



Credit: Food Plants International (Bruce French)



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