PLANT FACT SHEET

Acmella ciliata (Kunth) Cass.

GENUS *Acmella* **FAMILY** Asteraceae

COMMON NAMES Fringed pod toothache plant

EDIBLE PARTS AND USES

Edible parts: Leaves, Leaves - spice, Flowers

The leaves are used as a spice.
The leaves are added to salads.
The flowers are used in pickles.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 30-80 cm tall. The stems often lie over and form roots at the nodes. The stems are green to purple. The leaves are broadly oval and 3-8 cm long by 1-6 cm wide. There are teeth along the edge.

HABITAT

It is a tropical plant. In Argentina it grows from sea level to 3,000 m above sea level.

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