PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Polydora serratuloides (DC.) H. Rob.

GENUS *Polydora* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are eaten as a vegetable.
Caution: They can be slightly purgative.

DESCRIPTION

An annual herb. It grows 60 cm high. It has a long taproot. The stem has ridges along it and some fine hairs. It has narrow leaves in a tight spiral. The flowers are tube shaped and purple to red.

HABITAT

A tropical plant. It grows in fields and waste places. It occurs across much of tropical Africa.

PRODUCTION

Cultivation

It grows by seeds.

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