PLANT FACT SHEET

Dysphania ambrosioides (L.) Mosyakin & Clements

GENUS *Dysphania* **FAMILY** Amaranthaceae

COMMON NAMES Mexican tea, Spanish-tea

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Seeds, Herb, Spice, Leaves, Flowers, Stems

CAUTION: It is probably best not to eat this plant in large quantities.
The leaves have been used as a substitute for tea.
The leaves are added to beans, and to season soups and other dishes.
Leaves can be dried and they retain their flavour. The fresh leaves can be stored for 2-3 days.
The seeds can be ground into black flour and mixed with water and eaten. They are also roasted and added to alcoholic drinks. Caution: Alcohol is a cause of cancer.

DESCRIPTION

An annual or perennial herb or small shrub. It grows up to 1 m high and spreads to 50 cm across. The stem is erect and strongly branched from the base. It has angular ribs towards the tip. It has attractive, toothed leaves. They are oblong and yellowish green. They can be red-green. The undersides of the leaves are marked with small resin particles. The leaves are 1.5-10 cm long by 0.5-3.5 cm wide. The leaves have a bad smell. The flowers are green, and occur as many together, in spikes. The fruit are small green bladder shaped structures with shiny brown black seeds.

HABITAT

A tropical plant. It will grow under a range of soil and climate conditions. It is drought and frost resistant. It grows in tropical places but also in temperate places. In Papua New Guinea it grows from sea level to 2,000 m altitude. In Nepal it grows between 500 and 3000 m altitude. In Zimbabwe it grows between 1,100-1,600 m above sea level. In Argentina it grows from sea level to 2,000 m above sea level. It can grow in arid places.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

It contains poisonous substances once used to treat worms. It reduces the gases produced from eating beans. The plant is used for medicine. There are about 100-150-250 Chenopodium species. They are mostly in temperate regions. Also put in the family Chenopodiaceae.

REFERENCES

Agize, M., 2014, Ethnobotany of Spice and Condiment Plants and the Associated Indigenous Knowledge on Management, Utilization and Conservation of them in and around Home Gardens in Loma and Gena Bosa Districts (Weredas) of Dawuro Zone, Southern Ethiopia. International Journal of Agriculture Innovations and Research. Volume 4, Issue 3, ISSN (Online) 2319-1473. (As Chenopodium ambrosioides)

Al-Sodany, Y. M., et al, 2020, Plant Diversity and Community Structure of the Main Wadis at High Altitudes of the Western Mountains at Taif, Saudi Arabia. Egypt. J. Bot., Vol. 60, No.2, pp. 325-346 (As Chenopodium ambrosioides)

Altschul, S.V.R., 1973, Drugs and Foods from Little-known Plants. Notes in Harvard University Herbaria. Harvard Univ. Press. Massachusetts. no. 871 (As Chenopodium ambrosioides)

Alva-Alvarado, I. M., et al, 2023, Wild plants for food in the Andes. Research Square. p 30

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 119 (As Chenopodium ambrosioides)

Andrare, G. M. M., et al, 2023, Plantas Alimenticias Nao Convencionais (PANC) Nos Levantamentos Etnobotanicos do Brazil. Novos Cadernos NAEA v. 25 No. 2 p 197

Arellanes, Y., et al, 2013, Influence of traditional markets on plant management in the Tehuacan Valley. Journal of Ethnobiology and Ethnomedicine 9:38 (As Chenopodium ambrosioides)

Astrada, E., et al, 2007, Ethnobotany in the Cumbres de Monterrey National Park, Nuevo Leon, Mexico. Journal of Ethnobiology and Ethnomedicine 3:8 (As Teloxys ambrosioides)

Baro, D., Baruah, S. and Borthukar, S. K. 2015, Documentation on wild vegetables of Baksa district, BTAD (Assam). Scholars Research Library. Archives of Applied Science Research, 2015, 7 (9):19-27 (As Chenopodium ambrosioides)

Batawila, K., et al, 2007, Diversite et gestion des legumes de cueillete au Togo. African Journal of Food, Agriculture, Nutrition and Development 7(3& 4): 65 (As Chenopodium ambrosioides)

Beckstrom-Sternberg, Stephen M., and James A. Duke. "The Foodplant Database." http://probe.nalusda.gov:8300/cgi-bin/browse/foodplantdb. (ACEDB version 4.0 - data version July 1994) (As Chenopodium ambrosioides)

Bentley, J., Nina, S & Perez, S., 2001, Ethnobotany of Weeds in Cochabamba.

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 249 (As Chenopodium ambrosioides)

Bonet, M. A. & Valles, J., 2002, Use of non-crop food vascular plants in Montseny biosphere reserve (Catalonia, Iberian Peninsula). International Journal of Food Sciences and Nutrition (2002) 53, 225–248 (As Chenopodium ambrosioides)

Bremness, L., 1994, Herbs. Collins Eyewitness Handbooks. Harper Collins. p 240 (As Chenopodium ambrosioides)

Brown, D., 2002, The Royal Horticultural Society encyclopedia of Herbs and their uses. DK Books. p 164 (As Chenopodium ambrosioides)

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 1. Kew. (As Chenopodium ambrosioides)

Burkill, I.H., 1966, A Dictionary of the Economic Products of the Malay Peninsula. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 1 (A-H) p 529 (As Chenopodium ambrosioides)

Caballero-Serrano, V., et al, 2019, Traditional ecological knowledge and medicinal plant diversity in Ecuadorian Amazon home gardens. Global Ecology and Conservation 17 (2019) e00524 p 7 (As Chenopodium ambrosioides)

Carretero, A. L., 2005, Useful Plants and traditional knowledge in the Tucumano-Boliviano Forest. M. Sc. Thesis Institute of Biological Science University of Aarhus, Denmark p 53 (As Chenopodium ambrosioides)

Casas, A., et al, 1996, Plant Management Among the Nahua and the Mixtec in the Balsas River Basin, Mexico: An Ethnobotanical Approach to the Study of Plant Domestication. Human Ecology, Vol. 24, No. 4 pp. 455-478 (As Chenopodium ambrosioides)

Creasey, R., 2000, Edible Mexican Garden. Periplus. p 35 (As Chenopodium ambrosioides)

Dangol, D. R. et al, 2017, Wild Edible Plants in Nepal. Proceedings of 2nd National Workshop on CUAOGR, 2017. (As Chenopodium ambrosioides)

Dansi, A., et al, 2008, Traditional leafy vegetables and their use in the Benin Republic. Genet Resour Crop Evol (2008) 55:1239–1256 (As Chenopodium ambrosioides)

Diaz-Betancourt, M., et al, 1999, Weeds as a future source for human consumption. Rev. Biol. Trop. 47(3):329-338) (As Chenopodium ambrosioides)

Duke, J.A., 1992, Handbook of Edible Weeds. CRC Press. p 69 (As Chenopodium ambrosioides)

Dutta, U., 2012, Wild Vegetables collected by the local communities from the Churang reserve of BTD, Assam. International Journal of Science and Advanced Technology. Vol. 2(4) p 119 (As Chenopodium ambrosioides)

Ekman Herbarium records Haiti (As Chenopodium ambrosioides)

Esperanca, M. J., 1988. Surviving in the wild. A glance at the wild plants and their uses. Vol. 1. p 40 (As Chenopodium ambrosioides)

Estrada-Castillon, E., et al, 2014, Ethnobotany in Rayones, Nuevo Leon, Mexico. Journal of Ethnobiology and Ethnomedicine, 10:62 (As Chenopodium ambrosioides)

Full reference list (82 more) at https://www.echocommunity.org/en/resources/c72cbca6-54d5-4a22-9450-e8e0589d8124

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c72cbca6-54d5-4a22-9450-e8e0589d8124