PLANT FACT SHEET

Bidens steppia (Steetz) Sherff

GENUS *Bidens* **FAMILY** Asteraceae

COMMON NAMES Nya-zongo

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb. The leaves are large. The flowers are yellow. The fruit are smooth and with 2 bristles which are not hooked.

HABITAT

It is a tropical plant. It often grows close to rivers.

NOTES

There are about 200 Bidens species. Most are in North America.

REFERENCES

FAO, 1988, Traditional Food Plants, FAO Food and Nutrition Paper 42. FAO Rome p 106

Fowler, D. G., 2007, Zambian Plants: Their Vernacular Names and Uses. Kew. p 12

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ce16404d-4249-4a8c-8d44-8f8e734256ca