PLANT FACT SHEET

Aspilia mossambicensis (Oliv.) Wild

GENUS *Aspilia* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked as a vegetable.

DESCRIPTION

A herb. It grows 1-2 m tall. The stems are often reddish near the base. The leaves are narrowly oval. They are 3-20 cm long by 1-8.5 cm wide. The flowers are yellow to orange.

HABITAT

It is a tropical plant. It grows in open woodland.

REFERENCES

Yimer, A., et al, 2021, Ethnobotanical study of wild edible plants used by Meinit Ethnic Community at Bench-Maji Zone, Southwest Ethiopia. Research Square. p 5

PROVIDED BY **Food Plants International**

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/d690369d-92a4-4e83-943d-50b2b891e9b0