PLANT FACT SHEET

Nidorella microcephala Steetz.

GENUS *Nidorella* **FAMILY** Asteraceae

COMMON NAMES Cibwelele

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are eaten as a vegetable.

DESCRIPTION

An erect herb. It grows each year from seeds. It grows 1.5 m tall. The leaves are alternate and simple. They do not have a leaf stalk. The leaf blade is oval or spoon shaped. It is 2-14 cm long by 1-6 cm wide. The leaf blade gradually narrows to an ear shape near its base. There can be rounded teeth. The flowers are in a head. This is about 2 mm long. The flowers are bright yellow. The fruit is dry and oval but slightly flattened

HABITAT

A tropical plant. It grows near rivers. It can be on sand or clay. It grows between 300-1,800 m above sea level.

NOTES

There are 15 Nidorella species. They are in Africa.

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