PLANT FACT SHEET

Euphorbia helioscopia L.

GENUS *Euphorbia* **FAMILY** Euphorbiaceae

COMMON NAMES Sun Spurge

EDIBLE PARTS AND USES

Edible parts: Leaves, Latex

Caution: All Euphorbias or spurges have irritating sap and many have chemicals that can cause cancer.
The leaves are eaten cooked with oil and salt. They are used in soup.
The young leaves are used as a tea substitute.
The latex is used to curdle milk.

DESCRIPTION

A short annual herb. The stems are usually single and hairy. The leaves are oval and broadest above the middle. There are fine teeth on the top half. The flower is an umbel with 5 rays. The bracts are yellow. The fruit is a capsule 2.5-3.5 mm long. It is smooth and does not have wings. The seeds are brown and netted.

HABITAT

It is a temperate plant. It grows in waste places and along roadside and sometimes on seashores. In Pakistan it grows up to 2,000 m altitude. In Argentina it grows below 500 m above sea level.

PRODUCTION

Cultivation

Plants can be grown from seed or by cuttings

NOTES

There are about 2000 Euphorbia species. Most Euphorbias have sap which irritates the skin. It has anticancer properties.

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