PLANT FACT SHEET

Elephantopus mollis Humbold, Bonpland et Kunth

GENUS *Elephantopus* **FAMILY** Asteraceae

COMMON NAMES White-flowered elephant's foot

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

DESCRIPTION

An erect herb. It keeps growing from year to year. It grows 15-60 cm high. It has rough hairs. The stems come from the lower portion of the stumps. They are 4-8 cm across and have lines along them. The leaves are usually on the stems and are broadly sword shaped. They are 5-20 cm long by 3-6 cm wide. They form narrow wings on the leaf stalk and clasp the stems. There are teeth along the edge. The flowers are white and tube shaped. They are in flower heads with bracts under them.

HABITAT

It is a tropical plant. It grows in savannah woodland and in wet grassland savannah. It also grows in palm groves. In Argentina it grows below 1,500 m above sea level.

REFERENCES

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