PLANT FACT SHEET

Pupalia lappacea var. velutina

GENUS *Pupalia* **FAMILY** Amaranthaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are chopped and washed and cooked. They are mixed with coconut milk or peanuts then eaten with maize or rice.

DESCRIPTION

A small herb. It is hairy and spreads along the ground. It can grow each year from seeds or keep growing from year to year. The leaves are opposite and can be oval or rounded. They are 10 cm long. They narrow at the base to a short stalk. The leaves are hairy on both sides. The flowers are very small and papery. They can be yellow to purple or red. They are in alternate clusters 13 mm across. These are at the ends of the branches. The fruit are oval capsules 2.5 mm long. They have a very small brown seed.

HABITAT

It is a tropical plant. It grows in dry bushland. In Tanzania it grow from sea level to 2,100 m above sea level.

PRODUCTION

Cultivation

Plants can be grown by seeds.

Harvesting and Seed Production

Leaves are collected during the rainy season.

REFERENCES

Ruffo, C. K., Birnie, A. & Tengnas, B., 2002, Edible Wild Plants of Tanzania. RELMA p 552

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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/e30b499a-7fc4-4ee0-9df6-4c3e504f54ab