PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Galium aparinoides Forssk.

GENUS *Galium* **FAMILY** Rubiaceae

COMMON NAMES Ashkit

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are boiled and eaten.

DESCRIPTION

A scrambling herb. It grows 1.8-2.1 m long. The stems have small prickles. The leaves are in rings of about 6. They are narrowly oval and 1-3 cm long by 3-8 mm wide. Young leaves have hairs. The fruit are 2-3 mm across.

HABITAT

It is a tropical plant. In East Africa it grows between 1,680-3,600 m above sea level.

NOTES

Probably edible.
(The plant is eaten by cattle)
The leaves are boiled to make a drink - probably as a medicine.

REFERENCES

Molla, A., Ethiopian Plant Names. http://www.ethiopic.com/aplants.htm

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 6

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e73bb317-e82e-469a-84cb-593a69756bb3