PLANT FACT SHEET

Aspilia kotschyi (Sch.Bip. ex Hochst.) Oliv.

GENUS *Aspilia* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

DESCRIPTION

A herb. It grows each year from seed. It grows 50 cm - 1.3 m tall. The leaves are narrowly oval and 3-16 cm long by 1-3 cm wide. They are hairy on both surfaces. The flowers are purple to red.

HABITAT

It is a tropical plant.

REFERENCES

Mutie, F. M., et al, 2023, Important Medicinal and Food Taxa (Orders and Families) in Kenya, Based on Three Quantitative Approaches. Plants 2023, 12, 1145

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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/e78aaf6c-e0f8-4bea-9400-9c243613cc7d