PLANT FACT SHEET

Pupalia lappacea (L.) A. Juss.

GENUS *Pupalia* **FAMILY** Amaranthaceae

COMMON NAMES Forest burr

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Ash - salt, Vegetable

The plant ash is used as salt.

DESCRIPTION

An annual herb. It can lie along the ground or be erect. It has several stems and can be a climber or scrambler. It can keep growing for a few years. It can grow 90 cm high or scramble to 2.5 m long. It is usually hairy. The leaves are oval or rounded. They are opposite. The flowers are in clusters at the ends of the plant. They have stiff, hooked bristles. The fruit are burrs with barbs. They are 8-18 mm across. The seeds are dark brown and shiny. They are 2 mm long. There are 4 varieties.

HABITAT

It is a subtropical and tropical plant. It suits hot arid areas with a marked dry season. It can grow from sea level to 2,000 m above sea level. It can grow in deserts and on beaches and near ponds and streams. It can grow in arid places. In Zimbabwe it grows up to 1,370 m above sea level.

NOTES

The stems and leaves have a crude protein of 10.6-10.9%.

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PROVIDED BY **Food Plants International**

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