PLANT FACT SHEET

Sinclairia discolor Hook. & Arn.

GENUS *Sinclairia* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb. It can grow 2-3 m tall. The leaves are oval and taper towards the tip. The flowers are yellow. The plants have milky sap.

HABITAT

It is a tropical plant. It suits the wet tropics. It has been recorded at 1,500 -1,600m above sea level.

REFERENCES

Valenzuela G. M. & Arpaiz, J. C. A., 2024, Ethnobotany of Edible Leafy Plants in Tacotalpa, Tabasco, Mexico. Journal of Agricultural Sciences Research. ISSN 2764-097

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/f3627be4-77ff-4078-9b77-f28e5eea42b6