PLANT FACT SHEET

Sigesbeckia orientalis L.

GENUS *Sigesbeckia* **FAMILY** Asteraceae

COMMON NAMES Indian weed, St Paul's wort

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers - flavouring

Leaves and shoots are eaten after boiling and washing to remove the bitter substance.
The flowers are used to scent coconut oil.

DESCRIPTION

A herb. It often has many branches. It grows about 1 m tall. The leaves have winged leaf stalks about 0.5-6 cm long. The leaf blade is D shaped or sword shaped and 3-12 cm long by 1.5-9 cm wide. It narrows into the leaf stalk at the base. The flower head is loose and 0.6-1 cm across. The flowers are yellow.

HABITAT

It grows in warm temperate places. It grows in fields and forests between 100-2,800 m above sea level. Tasmania Herbarium. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants can be grown from seeds.

NOTES

Used after boiling and washing to remove the bitter, possibly toxic element darutin. It is used in medicine. There are about 10 Siegesbeckia species.

PICTURES

Credit: Food Plants International (Bruce French)

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