PLANT FACT SHEET

Senecio retrorsus DC.

GENUS *Senecio* **FAMILY** Asteraceae

COMMON NAMES Groundsel

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked and eaten as a spinach.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean plant. It can grow in arid places.

REFERENCES

Long, C., 2005, Swaziland's Flora - siSwati names and Uses http://www.sntc.org.sz/flora/

Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; http://www.rbgkew.org.uk/ceb/sepasal/internet [Accessed 14th April 2011]

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 37

Welcome, A. K. & Van Wyk, B.-E., 2019, An inventory and analysis of the food plants of southern Africa. South African Journal of Botany 122 (2019) 136–179

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/f7ec4108-7c7e-49e5-9e47-ac8e807ba17a