



Common names

Asteraceae

Munondo bur-marigold,

Scientific name

Bidens schimperi

Edible portion Leaves, Vegetable,

Description

A herb. It grows 1.8 m tall. The leaves are roughly hairy. They are usually deeply divided into 3. The edges of the leaves are marked by a line of black dots. The flowers are yellow and larger than *Bidens pilosa*. The fruit have 2 hooked bristles.

Distribution

A tropical plant. It grows on arable land. It is also in woodland and on flood plains. It grows between 300-950 m above sea level. It can grow in arid places. In Tanzania it grows from sea level to 2,400 m above sea level.

Found in:

Africa, Angola, Botswana, Burundi, Central Africa, East Africa, Ethiopia, Kenya, Malawi, Mozambique, Namibia, Somalia, South Africa, Southern Africa, Tanzania, Uganda, Zambia, Zimbabwe,

Use

The leaves are bitter but are occasionally cooked and eaten. They are chopped and cooked and mixed with other leafy vegetables.

Cultivation

Production

Leaves are collected at the beginning of the rainy season.



Please Note: Except where otherwise noted, content on this site is licensed under a Creative Commons Attribution 3.0 Licence - this means you can share it freely, as is and with acknowledgement.



Nutritional Values

Bidens schimperi

Edible Part	/100 g edible portion	Moisture %	Energy KJ	Energy Kcal	Protein g	Provit A µg	Vit C mg	Iron mg	Zinc mg
Leaves									

FOOD PLANTS INTERNATIONAL



Helping the Hungry Feed Themselves Well...
... through the strategic use of God's amazing natural resources

