

Botanic name: *Galinsoga parviflora*_Cav. -- Icon. [Cavanilles] iii. 41. t. 281. (IK)

Common name: Potato weed (English), quick weed, Gallant soldier

Family: Asteraceae (Compositae)

Habitat: Terrestrial

Distribution: Native to South America and tropical Africa; centre of origin is considered to be the mountainous area of Mesoamerica (i.e., Mexico and Central America). Widely distributed in North America, Europe, Africa, Asia and Australasia as a weed in at least 40 countries, mostly temperate and sub-tropical but also at higher altitudes in many tropical countries

Description: An annual branched ascending herb; leaves stalked, simple-opposite, lower leaves with petioles, upper ones without; leaf blade oval to oblong with sharp apex. Composite flowers 5-8 mm across, borne on long acillary peduncles arranged in capitulum bearing two types of flower: ligulate female white flowers at the margin (white ray) and tubular hermaphrodite yellow flowers in the central disc; fruits cypsela-peripheral and central-Both types are black. The dispersal units are achenes bearing pappus or parts of flower structures (involucral bractea and the two paleas) that are easily transported by wind or animals.

Phytochemicals: steroids, phytol, triacontanol, beta-sitosterol, uracil, fumaric acid, beta-sitosterol, stigmasterol, 3,4-dimethoxycinamic acid, 7-hydroxy-beta-sitosterol, 7-hydroxystigmasterol, beta-sitosterol-3-O-beta-D-glucoside, protocatechuic acid, fumaric acid, aromatic esters (galinosaate A, galinosaate B and galinosaate C) diterpenoids, caffeic acid derivatives, phenolic acid derivatives, and uracil.

Medicinal/Economic uses: Antibacterial, antifungal, antioxidant, cytotoxic, anti-inflammatory, nematicidal, and hypoglycemic. Useful in treating nettle stings and skin inflammations. Also cures wounds. useful in treating nettle stings, wounds and other skin inflammations. The leaves, stem and flowering shoots - raw or cooked and eaten as a potherb, salads or added to soups and stews. Eaten as vegetables in many countries of Africa and SE Asia. Fresh juice are taken mixing with tomato or vegetable juices.