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*Bidens bipinnata*

[Synonyms : *Bidens bipinnata* var. *biternatoides*, *Bidens pilosa* var. *bipinnata*, *Bidens pinnata*, *Bidens tenuifolia*]

**SPANISH NEEDLES** is an annual. Native to eastern United States and eastern Asia it has small daisy-like, inconspicuous, pale yellow flowers.

It is also known as Beggar lice, Beggar's ticks, Black jack, Cobbler's peg, Cuckolds, Devil's pitchfork, *Flikskära* (Swedish), High brighties, Soapbrush needles, and *Spaanse Knapsekêrel* (Afrikaans).

The tiny bristled fruit are dispersed by anything that brushes against them to which they can attach themselves.

*Bipinnata* is a botanical term for a leaf divided into many small segments, producing a feathery effect and sometimes looking like a mass of small individual leaves.

The Cherokee North American Indians have not only taken it internally to treat worms but have also recommended chewing the leaves to ease sore throats.

Locally the young shoots and leaves have been cooked as a vegetable.

Medicinally local herbalists used the root and seeds to treat some lung disorders (including coughs and some forms of asthma) and also period problems.