PLANT FACT SHEET

Aspidoglossum gracile (E.Mey.) Kupicha

GENUS *Aspidoglossum* **FAMILY** Apocynaceae

EDIBLE PARTS AND USES

Edible parts: Root, Fruit

The roots are eaten as a snack.
The fruit are eaten as a snack.

DESCRIPTION

A herb. It is slender and has a single stem. It grows 1 m tall.

HABITAT

It is a subtropical plant.

REFERENCES

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 21

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

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/00e4e445-ddfb-40cb-8bf4-3cf273143c35