PLANT FACT SHEET

Stenostelma capense Schltr.

GENUS *Stenostelma* **FAMILY** Apocynaceae

COMMON NAMES Bush carrot

EDIBLE PARTS AND USES

Edible parts: Roots, Tubers

The root tubers are roasted and eaten. They are baked in hot ashes.

DESCRIPTION

A herb with a taproot. It grows 30 cm high. It can keep growing from year to year. The roots are long and spindle shaped. They are 30 cm long by 5 cm wide. The stems are usually branched. The leaves are narrow. They are 7 cm long by 5 mm wide. They are slightly hairy on the upper surface. The flowers are small and brownish-green. They are in groups on long flowering stalks.

HABITAT

It is a subtropical plant. It grows in hot arid areas with a marked dry season. It can grow in places with a dry season of 6-11 months. In southern Africa it grows between 900-1,500 m altitude. It can grow in arid places.

PRODUCTION

Harvesting and Seed Production

It grows in the Kalahari and is eaten during the rainy season.

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/07ad5678-bb5b-4fc2-a6cf-dda8b6a00156