PLANT FACT SHEET

Berkheya discolor (DC.) O. Hoffm. & Muschl.

GENUS *Berkheya* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are eaten as a potherb.

DESCRIPTION

A herb.

HABITAT

It is a subtropical plant. It can grow in arid places.

REFERENCES

Fox, F. W. & Young, M. E. N., 1982, Food from the Veld. Delta Books. p 128

Guillarmod, J., 1971,

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 88

Plowes, N. J. & Taylor, F. W., 1997, The Processing of Indigenous Fruits and other Wildfoods of Southern Africa. in Smartt, L. & Haq. (Eds) Domestication, Production and Utilization of New Crops. ICUC p 186

Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; http://www.rbgkew.org.uk/ceb/sepasal/internet [Accessed 11th April 2011]

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 33

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

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/07e653bf-4577-4faf-86f9-b389e519012b