PLANT FACT SHEET

Helichrysum gymnocomum DC.

GENUS *Helichrysum* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are cooked and eaten.

DESCRIPTION

A straggling herb. The leaves are hairy. The leaves vary in shape. It has yellow bracts and compound flower heads.

HABITAT

It is a subtropical plant. It grows between 1,500-3,000 m above sea level.

NOTES

It is used to treat diabetes.

REFERENCES

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 35

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/17f2913b-09c7-4504-8f7e-3e08f89d192a