PLANT FACT SHEET

Craterostigma pumilum Hochst.

GENUS *Craterostigma* **FAMILY** Linderniaceae

EDIBLE PARTS AND USES

Edible parts: Root

The roots are chewed for the taste. (It is like a sweet carrot.)

DESCRIPTION

A small herb. It keeps growing from year to year. The leaves at the base are in a ring. They are broadly oval and 2-4 cm long by 1-2 cm wide. They are hairy underneath. The flowers arise from the centre of the ring. They are blue or pink.

HABITAT

It is a tropical plant. It grows in moist shallow soil over rocks. In East Africa it grows from 100-3,000 m above sea level.

NOTES

Also put in the family Scrophulariaceae.

REFERENCES

Bussman, R. W., et al, 2011, Plant Use in Odo-Bulu and Demaro, Bale region, Ethiopia. Journal of Ethnobiology and Ethnomedicine. 2011, 7:28

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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/196cd01a-127d-40ff-afe4-7628ff5d49e4