PLANT FACT SHEET

Metalasia densa (Lam.) P. O. Karis

GENUS *Metalasia* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Stem - tea, Leaves - tea

The stems and leaves are used for tea drinks.

DESCRIPTION

A shrub. It grows 2-3 m tall. The young branches have white hairs. The leaves are often twisted. They are 2-15 mm long. The flower heads have 3-5 flowers.

HABITAT

It is a subtropical plant.

REFERENCES

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 36

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/1a4b30bc-1f94-4ab4-8f3a-7e0c2f8e39ff