PLANT FACT SHEET

Crassula vaginata Eckl. & Zeyh.

GENUS *Crassula* **FAMILY** Crassulaceae

COMMON NAMES White stonecrop

EDIBLE PARTS AND USES

Edible parts: Roots

The roots are ground up and made into porridge.

DESCRIPTION

A succulent herb. It can grow 90 cm high. It forms clumps about 90 cm across. The stem rises from a fleshy swollen tuber. The stem is straight and erect and simple. The leaves are 3-26 cm long by 1-3 cm wide. They are narrow. The leaves near the base are the longest. The flowers are in a dense head. This can be 2-22 cm across. The fruit is a follicle with small seeds.

HABITAT

It is a tropical plant. It grows on mountain slopes among rocks and in grassland. It grows up to 2,680 m altitude.

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