PLANT FACT SHEET

Helianthemum lippii (L.) Dum.Cours.

GENUS *Helianthemum* **FAMILY** Cistaceae

COMMON NAMES Kama

EDIBLE PARTS AND USES

Edible parts: Flowers - tea

The truffle is roasted and eaten.

DESCRIPTION

A small shrub. It grows 60 cm tall. The branches are rigid and have sharp tips. The leaves vary and are 5-15 mm long by 1-5 mm wide. They are narrow and have a white coating. The flowering shoots have 6-12 flowers on each branch. They are small and 2 mm long and have yellow petals.

HABITAT

It is a Mediterranean plant. It suits the desert and dry scrubland.

REFERENCES

Albalawneh, A., et al, 2022, Traditional Knowledge of Wild Plant Species Used by Local People Inhabiting the Southern Part of Wadi Araba Desert in South-West Jordan. Research Square.

Bailey, C. and Danin, A., 1981, Bedouin Plant Utilization in Sinai and the Negev. Economic Botany 35(2): 145-162 (As Helianthemum sessiliflorum)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/1dd6f674-cb96-4dbc-b1f5-51dcd5245ce7