PLANT FACT SHEET

Euploca rariflora subsp. hereroensis (Schinz) Diane & Hilger

GENUS *Euploca* **FAMILY** Heliotropiaceae

COMMON NAMES Omumbwanda

EDIBLE PARTS AND USES

Edible parts: Fruit

The fruit are eaten raw.

DESCRIPTION

A herb or small shrub. It grows up to 1 m high. It has a taproot. It keeps growing from year to year. The leaves are narrowly sword shaped. They are in rings. The flowers are very small and yellow.

HABITAT

It is a subtropical plant. It grows in hot arid places and where there is a marked dry season. The dry season can be 6-11 months. It is often in well-drained stony soils. In southern Africa it grows between 170-1,850 m above sea level. It is rare in Swaziland. It can grow in arid places.

REFERENCES

Malan & Owen-Smith, 1974, (As Heliotropium hereroense)

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 71 (As Heliotropium hereroense)

Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; http://www.rbgkew.org.uk/ceb/sepasal/internet [Accessed 4th April 2011] (As Heliotropium hereroense)

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 38 (As Heliotropium hereroense)

Swaziland's Flora Database http://www.sntc.org.sz/flora (As Heliotropium hereroense)

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 (As Heliotropium hereroense)

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/245ae644-3658-45fe-be68-3ef3e380242a