PLANT FACT SHEET

# *Gnidia chrysantha* (Solms-Laub.) Gilg

**GENUS** *Gnidia* **FAMILY** Thymelaeaceae

## EDIBLE PARTS AND USES

**Edible parts:** Leaves

The leaves are cooked and eaten.

## DESCRIPTION

A herb or small shrub. It keeps growing from year to year. It grows 30-80 cm high. It grows from a woody rhizome or underground stem. The stem has many narrow leaves 1 cm long. The flowers are in a head and are bright yellow.

## HABITAT

A tropical plant. It Malawi it grows in grassland at 1,200-1,500 m altitude. In Zimbabwe it grows between 400-2,000 m above sea level. It grows along the banks of rivers.

## REFERENCES


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