PLANT FACT SHEET

Crassula spathulata Thunb.

GENUS *Crassula* **FAMILY** Crassulaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Leaves - flavouring

The leaves are eaten as a snack and for flavouring.

DESCRIPTION

A sprawling herb. The branches can often be 4 sided. They can be 80 cm long. The leaves are opposite. They are narrow and 2-2.5 cm long by 1.5-2 cm wide.

HABITAT

It is a subtropical plant.

REFERENCES

Fox, F. W. & Young, M. E. N., 1982, Food from the Veld. Delta Books. p 164

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 47

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

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/25fc88d8-2dd3-420e-9f04-8ccb76b0e3d6