PLANT FACT SHEET

Helichrysum candolleanum Buek

GENUS *Helichrysum* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems

The stems and leaves are eaten raw.

DESCRIPTION

A herb or shrub. It is small and straggling. It grows up to 90 cm high. It has a taproot. The branches are slender. The leaves are scattered and spreading. They are covered with grey woolly hairs. The leaves are narrow and blunt. The edges curve back. The leaves are 1.5 cm long by 2 mm wide. The flowers are at the ends. They are in compact round heads. These are 1.5 cm across. They are pink.

HABITAT

It is a tropical plant. It grows in well-drained sandy and stony soils. It grows in woodland and semi-desert. It grows between 30-2,000 m above sea level. It can grow in arid places.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/2838d0a0-d7f9-4611-9cca-d9f6bde9ac7e