PLANT FACT SHEET

# *Arctotis arctotoides* (L.f.) O. Hoffm.

**GENUS** *Arctotis* **FAMILY** Asteraceae

## EDIBLE PARTS AND USES

**Edible parts:** Leaves

The leaves are eaten as a vegetable and also used for flavouring.

## DESCRIPTION

A herb. It grows 30-40 cm tall. It forms tufts or mats. The leaves near the base are alternate. They are divided and 10-20 cm long by 2-8 cm wide.

## HABITAT

It is a subtropical plant.

## REFERENCES


Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 32

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



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



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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/28df036b-bc8b-4931-9614-ce4a9e6e8c7e