PLANT FACT SHEET

Helichrysum italicum (Roth) G. Don

GENUS *Helichrysum* **FAMILY** Asteraceae

COMMON NAMES Curry plant

EDIBLE PARTS AND USES

Edible parts: Leaves for flavouring, Flower heads - tea, Herb

The leaves have a curry flavour. They are finely chopped and added to scrambled eggs. They are used to season meat, fish and potatoes.
Flower heads are used for tea.
An essential oil extract is used to enhance fruit flavours in ice cream, candies and soft drinks.

DESCRIPTION

A plant which keeps growing from year to year. It grows to 45 cm high. It can spread 50 cm wide. The leaves are silver-grey in colour. They are narrow and have a few hairs. The leaves are 30 mm long. The flowers are small and white to yellow. They occur in heads in small clusters. These are 15-80 mm across. The involucre of the bracts is dull yellow and oblong.

HABITAT

It is a warm temperate plant. It does well on a sandy soil. It needs a sunny soil. It can stand coastal exposure. In Hobart Botanical gardens. It suits hardiness zones 8-10.

PRODUCTION

Cultivation

Plants can be grown from seed. The temperature needs to be at least 13-16°C. It can be grown by basal cuttings. The plant can be pruned back.

NOTES

There have been 500 Helichrysum species but these may be regrouped.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/28fc2ff2-728c-42d0-b5e5-97f7ee31a710