PLANT FACT SHEET

Aristida congesta Roem. & Schult.

GENUS *Aristida* **FAMILY** Poaceae

EDIBLE PARTS AND USES

Edible parts: Seeds, Cereal

The seeds are eaten cooked.

DESCRIPTION

A grass.

HABITAT

It is a subtropical plant.

REFERENCES

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 87

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

Youngblood, D., 2004, Identification and Quantification of Edible Plant Foods in the Upper (Nama) Karoo, South Africa. Economic Botany 58 (Supplement) :S43-S65

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/29a3bd09-73a6-4655-bb12-06078204aeec