PLANT FACT SHEET

Dorstenia foetida (Forssk.) Schweinf.

GENUS *Dorstenia* **FAMILY** Moraceae

EDIBLE PARTS AND USES

Edible parts: Stems, Leaves, Flowers

Small specimens are eaten and larger ones become hot and spicy. The stems can be roasted or boiled.

DESCRIPTION

A low succulent herb. The stems are swollen. They are 45 cm long. The leaves are alternate and crowded at the top of the stem in a ring. They are 2-18 cm long by 1-2.5 cm wide. The edges are divided and curl under. There are several male flowers around one female flower. They are sunk into a flat disk like receptacle. The fruit explodes.

HABITAT

It is a Mediterranean plant.

REFERENCES

Marwah, R. G., et al, 2006, Antioxidant capacity of some edible and wound healing plants in Oman. Journal of Food Chemistry.

Miller, A. G., Morris, M. & Stuart-Smith, S., 1988, Plants of Dhofar. The Southern Region of Oman, Traditional, Economic and Medicinal Uses. Sultanate of Oman. p 202

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