PLANT FACT SHEET

# *Orbea carnosa subsp. keithii* (R. A. Dyer) Bruyns

**GENUS** *Orbea* **FAMILY** Apocynaceae

**COMMON NAMES** Keith's thick boat

## EDIBLE PARTS AND USES

**Edible parts:** Plant, Root, Stem

The fleshy stems are eaten raw or roasted. They are eaten as a snack and also cooked as a vegetable.

## DESCRIPTION

A succulent plant. It has stolons or runners. It grows 60 mm high.

## HABITAT

It is a subtropical plant. It grows between 300-1,200 m above sea level. It suits the desert or dry shrubland.

## REFERENCES


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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/3c39876e-5e93-44c7-8de6-4264a7ff9a02