PLANT FACT SHEET

Hoodia officinalis (N. E. Br.) Plowes

GENUS *Hoodia* **FAMILY** Apocynaceae

EDIBLE PARTS AND USES

Edible parts: Pods, Stems, Vegetable

The thorns are removed and the stem eaten for their moisture. They are also used to make a sweet preserve.

DESCRIPTION

A shrub. It keeps growing from year to year. It grows 30-40 cm high. The stems are succulent and spiny. They are 4-7 cm thick. They have spines 4-12 mm long. The flowers are small. There are some subspecies. The fruits are double follicles. They have many fluffy seeds.

HABITAT

It is a subtropical plant. It suits hot arid places. It grows in areas with a marked dry season. The dry season can be 6-11 months. It is often on limestone rocky soils. In southern Africa it grows between 300-1,600 m above sea level. It grows in the Kalahari. It can grow in arid places.

PRODUCTION

Cultivation

Plants can be grown by seed. They can also be grown by cuttings.

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