PLANT FACT SHEET

Berkheya radula (Harv.) De Wild.

GENUS *Berkheya* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Stems

The stem is eaten as a snack.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 25-90 cm tall. The stems are winged. The leaves at the base are in a ring. The leaves on the stem are smaller.

HABITAT

It is a subtropical plant.

REFERENCES

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 33

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

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/46cc3af9-9aba-410a-bcec-0ab298e7c195