PLANT FACT SHEET

Monsonia umbellata Harv.

GENUS *Monsonia* **FAMILY** Geraniaceae

COMMON NAMES Bush tea

EDIBLE PARTS AND USES

Edible parts: Stems - tea, Leaves - tea, Seeds

The stems, leaves and flowers are used for tea with milk and sugar.
The seeds are added to porridge and also eaten as a snack food and in cakes. The seeds are also added to beer.

DESCRIPTION

A herb or small shrub. It can lie along the ground or be slightly erect. It can grow 60 cm high. It can grow each year from seed or keep growing for a few years. The leaves are almost round with a heart shaped base. The leaves have a mint like smell. The flowers are white or pink. They are on loose groups.

HABITAT

It is a Mediterranean plant. It grows in well-drained stony and sandy soils. It can grow in desert. It grows below 1,400 m above sea level. It can grow in arid places.

PRODUCTION

Harvesting and Seed Production

The seeds are collected by ants and removed from their nests.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/4a6707ec-593e-4f91-a323-1485232429b4