PLANT FACT SHEET

Farsetia stenoptera Hochst.

GENUS *Farsetia* **FAMILY** Brassicaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten as a vegetable.

DESCRIPTION

A small shrub. It grows 20-100 cm tall. The leaves are 15-95 mm long by 1-9 mm wide.

HABITAT

It is a tropical plant. It grows in arid and desert areas.

REFERENCES

Termote, C., et al, 2014, Assessing the potential of wild foods to reduce the cost of a nutritionally adequate diet: An example from eastern Baringo District, Kenya. Food and Nutrition Bulletin, vol. 35, no. 4

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/4aef900d-f99a-4c99-bd8a-ddafc8d9a6bc