PLANT FACT SHEET

Tolpis capensis (L.) Schultz.-Bip.

GENUS *Tolpis* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked and eaten as a spinach.

DESCRIPTION

A herb. It is slightly hairy. It can keep growing from year to year. The leaves are oval and blunt. They are 3 cm long by 1.5 cm wide. The flower heads are in loose clusters. These are on a common slender stalk 30 cm long. They are yellow.

HABITAT

It is a tropical plant. It can grow in arid places.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/52fec691-7c41-4c3c-81f3-a70cfbfaa7af