PLANT FACT SHEET

Asclepias stellifera Schltr.

GENUS *Asclepias* **FAMILY** Apocynaceae

COMMON NAMES Common meadow star

EDIBLE PARTS AND USES

Edible parts: Leaves, Roots

The roots are eaten as a snack.

DESCRIPTION

A herb. It grows 8-25 cm tall. It branches at the base. There are usually 2-6 stems. The leaves are 4-10 cm long and 2-3 cm wide.

HABITAT

It is a subtropical plant.

REFERENCES

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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/53506480-d628-4e69-a907-a2f086e104b1