PLANT FACT SHEET

Fockea comaru (E. Mey.) N. E. Br.

GENUS *Fockea* **FAMILY** Apocynaceae

EDIBLE PARTS AND USES

Edible parts: Root, Tuber

The root is used to make jam.

DESCRIPTION

A herb. It has a tuber and keeps growing from year to year. The stem are hairy and 10-30 cm tall. The leaves are opposite and narrow. The edges curve back.

HABITAT

It is a subtropical plant.

REFERENCES

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van Wyk, Be., & Gericke, N., 2007, People's plants. A Guide to Useful Plants of Southern Africa. Briza. p 88

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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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/548c7292-e2f3-4d89-9f3b-d10f8c1c2d2f