PLANT FACT SHEET

# *Hermbstaedtia argenteiformis* Schinz

**GENUS** *Hermbstaedtia* **FAMILY** Amaranthaceae

**COMMON NAMES** Eshilalodi

## EDIBLE PARTS AND USES

**Edible parts:** Leaves

The leaves are cooked and used as a potherb. They can be dried and stored.

## DESCRIPTION

An annual herb. It grows about 60 cm high. The stems are reddish. The leaves have a reddish midrib. The flowers are white.

## HABITAT

It is a subtropical plant. It grows in hot arid areas with a rainfall below 520 mm per year. It grows on sands and can grow on salty soils. It needs a high water-table. It grows in areas with rainfall between 2-40°C. It can grow in arid places.

## REFERENCES


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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/560721dd-e85e-4c77-8403-5904586b6c31