PLANT FACT SHEET

Commicarpus boissieri (Hiermerl.) Cufod.

GENUS *Commicarpus* **FAMILY** Nyctaginaceae

EDIBLE PARTS AND USES

Edible parts: Shoots, Roots

The shoots are chewed for flavour and moisture.
The roots are slowly roasted then eaten.

DESCRIPTION

A plant with a woody base and slender straggling stems. The stems can be 1 m long. They have irregular branching. The leaves are opposite and oval. They are 1-5 cm long and 1-5 cm wide. The flowers are arranged in loose rings.

HABITAT

It is a Mediterranean plant.

REFERENCES

Miller, A. G., Morris, M. & Stuart-Smith, S., 1988, Plants of Dhofar. The Southern Region of Oman, Traditional, Economic and Medicinal Uses. Sultanate of Oman. p 212

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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/58ed22a8-793a-40c7-a55d-92c140895abc