PLANT FACT SHEET

Helichrysum odoratissimum (L.) Sweet

GENUS *Helichrysum* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves - drink

The leaves are used for a drink.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 1.5 m tall. The leaves are broadest above the middle. The flowers are yellow.

HABITAT

It is a tropical plant.

REFERENCES

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 35

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

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

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/5f746f11-a188-401f-ada5-7b722afa5d97