PLANT FACT SHEET

Helichrysum stenopterum DC.

GENUS *Helichrysum* **FAMILY** Asteraceae

COMMON NAMES Kliptee

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The leaves are used for tea drinks.

DESCRIPTION

A herb. It is woody at the base. It grows 30 cm to 1 m tall. It has straggling branches 2 m long. The flowers are yellow.

HABITAT

It is a subtropical 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

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6e4f154e-108d-4973-897e-5d840b90479f