PLANT FACT SHEET

Asclepias eminens (Harv.) Schltr.

GENUS *Asclepias* **FAMILY** Apocynaceae

COMMON NAMES Large turret flower

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems, Flowers, Roots - drink

The leaves are cooked as a spinach. They are also eaten raw.
The roots are dried and crushed and mixed with boiling cows milk to make a drink.

DESCRIPTION

A herb. It keeps growing from year to year from tuberous roots. The stems can lie along the ground. They are 30 cm long. The leaves are simple and narrow. The edges are curved back. The flowers are in a group at the top of the plant. There are 3-6 flowers. The petals curve back. The flowers are green and 25 mm long. The fruit is a follicle tapering to a long tip.

HABITAT

It is a subtropical plant. It grows in grasslands and on rocky hillsides.

NOTES

It is also put in the family Asclepidaceae.

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