PLANT FACT SHEET

Duvalia polita N. E. Br.

GENUS *Duvalia* **FAMILY** Apocynaceae

COMMON NAMES Polished star

EDIBLE PARTS AND USES

Edible parts: Stems, Roots, Rhizomes

The above ground shoots are eaten raw.
The underground stems are eaten roasted. They also provide water.
The plant is baked in hot ashes then pounded with other foods including nuts.

DESCRIPTION

A succulent plant. The plant is leafless and it is the stems that are used. The stems are succulent. They are 8 cm long and 1.3 cm thick. They are bluntly 6 angled with pointed teeth. It has runners or stolons. The plant forms a clump. The flowers occur as 3 or 4 together. They open one after the other. The flower tube is 3 cm across.

HABITAT

It is a subtropical and tropical plant. They need warm conditions. In Swaziland it grows in the lowveld. It is best in rich, sandy, well-drained soils. It needs a protected, shaded position. It is damaged by frost or drought. It re-grows after fire. In southern Africa it grows between 1,000-1,600 m above sea level. In Namibia it grows in places where the dry season is 6-11 months. It can grow in arid places.

PRODUCTION

Cultivation

It can be grown by seed or cuttings.

NOTES

It is used in medicine.

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