PLANT FACT SHEET

# *Opuntia elata var. delaetiana* F.A.C.Weber

**GENUS** *Opuntia* **FAMILY** Cactaceae

## EDIBLE PARTS AND USES

**Edible parts:** Fruit

The ripe fruit are eaten raw. (It should not be eaten in large amounts or can cause constipation!)

## DESCRIPTION

A cactus. The stem are flat pads. The flowers are orange to pale red.

## HABITAT

It is a subtropical plant. It suits the seasonally dry tropics.

## REFERENCES


Arenas, P. and Scarpa, G. F., 2006, Edible wild plants of the Chorote Indians, Gran Chaco, Argentina. Botanical Journal of the Linnean Society. Vol. 153 (1): pp 73-85 (As Opuntia cardiosperma)

Montani, M. C. & Scarpa, G. F., 2016, Recursos vegetales y prácticas alimentarias entre indígenas tapiete del noreste de la provincia de Salta, Argentina. Darwiniana, nueva serie vol.4 no.1 San Isidro jul. 2016 (As Opuntia elata var. cardiosperma)

Polini, G., et al, Useful and edible plants of Paraguay Region of Chaco. p 30 (As Opuntia elata var. cardiosperma)

Scarpa, G. F., 2009, Wild food plants used by the indigenous peoples of South American Gran Chaco: A general synopsis and intercultural comparison. Journal of Applied Botany and Food Quality 83:90-101 (As Opuntia elata var. cardiosperma)



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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/7ad52a09-e69a-4871-9b05-cd848b3419b8