PLANT FACT SHEET

Berula thunbergii H.Wolff

GENUS *Berula* **FAMILY** Apiaceae

COMMON NAMES Toothache root, Water parsnip

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked and eaten as a vegetable.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 20 cm to 1.8 m tall.

HABITAT

It is a subtropical plant. It grows in water. In South Africa it grows between 1-2,105 m above sea level.

REFERENCES

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 19

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/7ae20511-3364-4d8d-b14b-90de8bf6558b