PLANT FACT SHEET

Helichrysum playpterum DC.

GENUS *Helichrysum* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Root

The root is eaten raw. It provides moisture.

DESCRIPTION

A herb. It is erect and robust. The stems have a few soft hairs. The edges of the leaves form wings along the stem. The leaves are sword shaped with a fine point. They are 10 cm long by 2 cm wide. The flower clusters are at the ends of the plant. The flower heads are 20 cm across. This is made up of a loose clusters of round flower heads 9 mm across.

HABITAT

It is a temperate plant. In Swaziland it is only in the high veld.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/7bb6a509-05a4-4625-9ea7-f8aafb2c67d0