PLANT FACT SHEET

Moraea longifolia (Jacq.) Pers.

GENUS *Moraea* **FAMILY** Iridaceae

EDIBLE PARTS AND USES

Edible parts: Corms, Bulb, Root

The corm or bulb is eaten as a snack and also cooked as a vegetable.

DESCRIPTION

A herb. It is a bulb plant. It grows 6-15 cm tall. There are 3-5 leaves. These are narrow, channelled and trailing. The flowers are pale yellow.

HABITAT

It is a subtropical plant.

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Wehmeyer, A. S, 1986, Edible Wild Plants of Southern Africa. Data on the Nutrient Contents of over 300 species (As Hexaglottis longifolia)

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/7f5f4a0f-633f-4e7c-a126-2458476668dd