PLANT FACT SHEET

Helichrysum zeyheri Less.

GENUS *Helichrysum* **FAMILY** Asteraceae

COMMON NAMES Grey everlasting

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A small shrub. It grows 20-45 cm tall. The branches have a greyish-white coating. The leaves are small and hairy.

HABITAT

It is a subtropical plant.

REFERENCES

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 35

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

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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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/80a94bc5-0ba3-4390-bea0-1381ef0b83b5