PLANT FACT SHEET

Babiana namaquensis Baker

GENUS *Babiana* **FAMILY** Iridaceae

EDIBLE PARTS AND USES

Edible parts: Bulb

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

DESCRIPTION

A bulb or corm plant. It does not have a stem but has narrow sword shaped leaves. These can be twisted in spirals. There are 1-3 flowers in a dense spike.

HABITAT

It is a subtropical plant. It grows on rocky outcrops.

REFERENCES

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 66

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/81ce4055-79d1-4809-bfc5-2fcb95ea0dda