PLANT FACT SHEET

Heliophila rigidiuscula Sond.

GENUS *Heliophila* **FAMILY** Brassicaceae

COMMON NAMES Grassland blue cress flower

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten as a vegetable.

DESCRIPTION

A herb. The stems are 60 cm long. The leaves are thickish and 5-8 cm long. The flowers are pale blue with darker blue stripes. The pods are narrow and hang down. There are 4-8 seeds in each pod.

HABITAT

It is a subtropical plant.

REFERENCES

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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/8bc19839-9f9c-4d20-a349-2f08aa77972b