PLANT FACT SHEET

Hermbstaedtia odorata (Burchell) T. Cooke

GENUS *Hermbstaedtia* **FAMILY** Amaranthaceae

COMMON NAMES Wild cockscomb

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are used in vegetable dishes.

DESCRIPTION

A herb or small shrub. It is erect and keeps growing from year to year. It has rhizomes or underground stems and grows 75 cm high. The leaves are alternate and 5 cm long by 1 cm wide. They taper at both ends. The flowers are in spikes at the top of the plant and these often droop. The flowers are small, papery and red or orange and in spirals around the stem. There are 3 named varieties.

HABITAT

It is a subtropical plant. It grows in hot arid areas. It can be on sandy or loamy soils. It grows below 1,650 m above sea level. It can grow in arid places.

REFERENCES

Flyman, M. V. & Afolayan, A. J., 2006, A Survey of plants used as wild vegetables in four districts of Botswana. Ecology of Food and Nutrition, 45:405-415

Long, C., 2005, Swaziland's Flora - siSwati names and Uses http://www.sntc.org.sz/flora/

Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; http://www.rbgkew.org.uk/ceb/sepasal/internet [Accessed 25th March 2011]

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 11

Shackleton, S. E., et al, 1998, Use and Trading of Wild Edible Herbs in the Central Lowveld Savanna Region, South Africa. Economic Botany, Vol. 52, No. 3, pp. 251-259

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

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8ce4ab91-ddaa-46ce-93d6-36be303a1426