PLANT FACT SHEET

Helianthemum ledifolium (L.) Mill.

GENUS *Helianthemum* **FAMILY** Cistaceae

COMMON NAMES Kama, Rock rose, Sunrose

EDIBLE PARTS AND USES

Edible parts: Flowers - tea

(The truffle is roasted and eaten.)

DESCRIPTION

A small shrub. It grows 30 cm tall. The leaves are narrow. The flowers are yellow. It often has truffles growing near it.

HABITAT

It is a Mediterranean plant. It can grow in arid areas.

PRODUCTION

Cultivation

It can be grown by seeds scattered on the ground surface.

NOTES

There are about 100 Helianthemum species near the Mediterranean.

REFERENCES

Bailey, C. and Danin, A., 1981, Bedouin Plant Utilization in Sinai and the Negev. Economic Botany 35(2): 145-162

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8ed902d9-a739-4fa7-96f3-7a6c6d98d63b