PLANT FACT SHEET

Orbea lugardii (N. E. Br.) Bruyns

GENUS *Orbea* **FAMILY** Apocynaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten. They have a lettuce flavour.

DESCRIPTION

A succulent plant. It grows 15 cm tall. The flowers are in clusters. The flowers have five petals. The fruit are follicles.

HABITAT

It is a subtropical plant. It suits the desert or dry shrubland,

REFERENCES

http://www.plantzafrica.com/plantnop/orbea/htm

Spotlight on Agriculture January 2010 Traditional Uses of Selected Members of the Apocynaceae family in Namibia.

PROVIDED BY **Food Plants International**

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/92f35fcf-b8ae-41cf-ad01-6e9fa6b96289