PLANT FACT SHEET

Athrixia phylicoides DC.

GENUS *Athrixia* **FAMILY** Asteraceae

COMMON NAMES Zulu tea, Bushman's tea

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The leaves are used to make tea.

DESCRIPTION

A shrub. It grows about 1 m high. The stems are leafy throughout. The leaves are dark green and fine. They are 3 cm long by 1 cm wide. They are shiny above and grey white underneath. The flowers are purple and in heads. They are towards the ends of branches.

HABITAT

It is a subtropical plant. It grows in South Africa in grassland and forest. It can be in rocky and sloping places. It grows well in full sun. It can grow in arid places.

PRODUCTION

Cultivation

It can be grown from cuttings. It can be cut back and will re-sprout.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/9b802e15-cb4c-4b1c-90b8-d78ad6410e45