PLANT FACT SHEET

Dicoma capensis Less.

GENUS *Dicoma* **FAMILY** Asteraceae

COMMON NAMES Karmedik

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked and eaten.

DESCRIPTION

A herb. It lies along the ground. It can grow each year from seed or take 2 years to complete its life cycle. It has a taproot and can keep growing for several years. The stem have a white coating. The leaves are simple and narrowly oval. They taper to the base and there are small teeth along the edge. The flowers are in pale red heads. There are some long spiny bracts. The flower heads are 2 cm across. They occur singly in the axils of the upper leaves.

HABITAT

It is a subtropical plant. It grows in dry sandy soils. It grows between 150-1,400 m above sea level. It grows in areas with a rainfall below 250 mm per year. It can grow in arid places.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/9ea13ae8-9314-4d58-a118-33ffa3b70dd3