PLANT FACT SHEET

Oxygonum alatum Burch.

GENUS *Oxygonum* **FAMILY** Polygonaceae

COMMON NAMES Salt of the tortoise

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems, Vegetable

The leaves are eaten raw or cooked.
The stems are cooked as a vegetable.
The seeds are eaten as a snack and used for flavouring.

DESCRIPTION

An annual herb. It grows 30-70 cm high. It branches from teh crown of the root. The leaves are small and sword shaped and about 5 cm long. Along the stem and leaf stalk there are cup like scales. The flowers are in a loose group 10-20 cm long. They are in clusters of 3. The flowers are star shaped and pinkish white. The fruit is a nut with 3 wings.

HABITAT

It is a tropical and subtropical plant. It grows in the Kalahari. It grows in hot arid places with a marked dry season. The dry season can be 6-11 months. It grows in stony and sandy soils. It grows between 500-2,000 m above sea level. It can tolerate shade. It can grow in arid places.

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