PLANT FACT SHEET

Fockea sinuata (E. Mey.) Druce

GENUS *Fockea* **FAMILY** Apocynaceae

EDIBLE PARTS AND USES

Edible parts: Root, Tuber

The tuber can be eaten raw. It can also be cooked.
It is also boiled with sugar to make a kind of preserve.

DESCRIPTION

A herb. It has a tuber and the plant keeps growing from year to year. The stems are erect. They are hairy and become woody. The leaves are 2-3.5 cm long by 2-3 mm wide. The flowers are brownish.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

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Welcome, A. K. & Van Wyk, B.-E., 2019, An inventory and analysis of the food plants of southern Africa. South African Journal of Botany 122 (2019) 136–179

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a1db93b3-7f85-40fd-b451-c72e5d181f59