PLANT FACT SHEET

Anacampseros filamentosa (Haw.) Sims

GENUS *Anacampseros* **FAMILY** Anacampserotaceae

EDIBLE PARTS AND USES

Edible parts: Plant

It is used in beer making as a yeast. It is also eaten as a snack.

DESCRIPTION

A succulent herb.

HABITAT

It is a subtropical plant.

NOTES

Also put in the family Portulacaceae.

REFERENCES

Fox, F. W. & Young, M. E. N., 1982, Food from the Veld. Delta Books. p 311 (As Anacampseros tomentosa)

Plowes, N. J. & Taylor, F. W., 1997, The Processing of Indigenous Fruits and other Wildfoods of Southern Africa. in Smartt, L. & Haq. (Eds) Domestication, Production and Utilization of New Crops. ICUC p 185 (As Anacampseros tomentosa)

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 13 (As Anacampseros tomentosa)

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

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a37a62c9-51df-4353-9c00-fa64fe74cd7b