PLANT FACT SHEET

Helichrysum nudifolium (L.) Less.

GENUS *Helichrysum* **FAMILY** Asteraceae

COMMON NAMES Hottentot's tea

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Leaves

The leaves are eaten.
They are also used to make herbal tea.

DESCRIPTION

A herb. It is erect and robust. It grows up to 1.5 m high. It has stout underground runners. It keeps growing from year to year. The leaves are long and narrowly oval. They are hairy underneath. The flowers are in loose heads on branched flower stalks. They are pale yellow.

HABITAT

It is a tropical plant. It can grow in mountain forest and grassland. It grows between 1,500-3,050 m altitude. In Zimbabwe it grows between 1,470-1,880 m above sea level. It can grow in arid places.

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