PLANT FACT SHEET

Babiana ambigua (Roem. & Schult.) G. J. Lewis

GENUS *Babiana* **FAMILY** Iridaceae

COMMON NAMES Poepuintjie

EDIBLE PARTS AND USES

Edible parts: Bulb, Corm

The bulbs can be eaten raw, cooked in milk or roasted.

DESCRIPTION

A bulb plant. The flowers are blue or purple.

HABITAT

It is a subtropical plant.

REFERENCES

De Vynk, J. C., et al, 2016, Indigenous edible plant use by contemporary Khoe-San descendants of South Africa's Cape South Coast. South African Journal of Botany. 102 (2016) 60-69

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van Wyk, Be., & Gericke, N., 2007, People's plants. A Guide to Useful Plants of Southern Africa. Briza. p 82

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/ae5d9326-1aef-4f94-b9c0-2f1aced538cc