PLANT FACT SHEET

Oxalis pes-caprae L.

GENUS *Oxalis* **FAMILY** Oxalidaceae

COMMON NAMES Bermuda buttercup, Cape sorrel, Sourgrass, Soursob

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Stems, Bulbs, Vegetable, Flowers

CAUTION: The leaves contain oxalates and can affect calcium absorption. They probably damage kidneys. They should not be eaten in large amounts. They are best eaten with a readily available source of calcium such as cream or coconut milk.
The leaves are eaten raw in salads. They are also added to soups and stews. The flower stalks are eaten.
The bulbs are eaten grilled.

DESCRIPTION

A herb which keeps growing from year to year. It has an underground stem which produces many bulbs. The leaves have 3 leaflets are are arranged in a ring near the base. The leaflets have 2 lobes. They are on long leaf stalks. The leaflets have a few stiff hairs underneath. The flower stalks arise from the base and are longer than the leaves. There can be 3-16 flowers in a cluster. The flowers are large and yellow. The petals are 2-2.5 cm long.

HABITAT

It grows in warm temperate and Mediterranean climate areas. It grows in dry areas. It is native to South Africa. It can grow in hot arid areas with a marked dry season. The dry season can be 6-11 months. It grows in coastal regions and between 50-500 m above sea level. It can tolerate shade. It can grow in arid places. Tasmania Herbarium.

PRODUCTION

Cultivation

It spreads rapidly from the small bulblets.

NOTES

There are about 500 Oxalis species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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