PLANT FACT SHEET

Echidnopsis dammanniana E. Dammann & Sprenger

GENUS *Echidnopsis* **FAMILY** Apocynaceae

EDIBLE PARTS AND USES

Edible parts: Plant, Leaves, Stem - sap

The leaves are eaten. The stems are chewed and the juice swallowed.

DESCRIPTION

A low succulent herb. It spreads over the ground forming clumps or cushions. It keeps growing from year to year. The stems are 5-10 cm long by 2 cm across. They are angled. The leaves are thick and triangle shaped and only last for a short time. The flowers are reddish-brown and speckled.

HABITAT

It is a tropical plant. It grows between 1,000-2,300 m above sea level. It grows in the desert and dry shrubland.

REFERENCES

Giday, M., et al, 2023, Use of wild edible and nutraceutical plants in Raya-Azebo District of Tigray Region, northern Ethiopia. Tropical Medicine and Health (2023) 51:58 (As Echidnopsis sp.)

Mutie, F. M., et al, 2023, Important Medicinal and Food Taxa (Orders and Families) in Kenya, Based on Three Quantitative Approaches. Plants 2023, 12, 1145

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b36eaab9-cd9a-4fbc-a397-dcd595ba5000