PLANT FACT SHEET

Tarchonanthus camphoratus L.

GENUS *Tarchonanthus* **FAMILY** Asteraceae

COMMON NAMES Camphor bush, Hottentot tobacco

EDIBLE PARTS AND USES

Edible parts: Leaves chewed, Leaves - tea, Spice

The camphor flavoured leaves are chewed.
They are also used for tea.
The roots are eaten in tonic soups.

DESCRIPTION

A dense shrub or small tree. It grows 8 m tall. The trunk is 40 cm across. The bark is grey and cracked. The twigs have a felted covering. The leaf blade varies in size. It can be 2-8 cm long by 1-4 cm wide. It is narrowly oval. There is a white covering under the leaves. Male and female flowers are on separate plants. There are many flower heads in groups at the ends of branches.

HABITAT

A subtropical plant. It grows along rivers. It can be on Kalahari sand or on granite outcrops. It grows in hot arid places. It is often in places with a marked dry season. It grows in areas with an annual rainfall between 300-350 mm. It grows on dry sandy soils. It can grow on salty soils. It can tolerate salty soils. It is drought tolerant. It can grow in arid places.

PRODUCTION

Cultivation

It can be cut back and will re-grow.

NOTES

It is used in medicine.

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