PLANT FACT SHEET

Viscum capense L.f.

GENUS *Viscum* **FAMILY** Santalaceae

EDIBLE PARTS AND USES

Edible parts: Stems - tea, Fruit

The stems are chopped and browned near the fire then used to make a tea.
The fruit are eaten as a snack.

DESCRIPTION

A plant that grows attached to shrubs. It is 50 cm long. The stems are rounded. The leaves are scale like. The fruit are smooth white berries. They are 3-4 mm long.

HABITAT

It is a subtropical plant.

NOTES

Also put in the family

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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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/b5345642-8e68-463a-adf2-19f08c6046eb