PLANT FACT SHEET

Orbea lutea (N. E. Br.) Bruyns

GENUS *Orbea* **FAMILY** Apocynaceae

EDIBLE PARTS AND USES

Edible parts: Stem, Roots

The stems are used as a vegetable. They are lightly roasted and eaten when food is short.
The roots are eaten raw.

DESCRIPTION

A herb with underground stems or rhizomes. It has succulent stems and keeps growing from year to year. It grows 12 cm high. It forms mats 1 m across. The stems are up to 12 cm long and 1-3 cm thick. The flowers are in groups of 3-30 with one group per stem. They are pale cream or green outside and yellow to red inside. The flowers have an unpleasant smell like rotten meat. There are some subspecies.

HABITAT

It is a subtropical plant. It suits hot arid, places. It grows in areas with a rainfall under 500 mm per year. It grows in places with a marked dry season. The dry season can be 6-11 months. It grows in deep, well-drained soils. In southern Africa it grows between 500-1,700 m above sea level. It can grow in arid places.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b803efa4-facb-45b7-897c-0a6f4fd7f825