PLANT FACT SHEET

Heliotropium steudneri Vatke

GENUS *Heliotropium* **FAMILY** Boraginaceae

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves

The flesh of the fruit is eaten raw.
The leaves are eaten as a vegetable.

DESCRIPTION

A spreading herb or shrub. It grows 60-100 cm tall. The stems and branches have flattened hairs. The leaves are sword shaped. They are 1-9 cm long by 4-25 mm wide. The flowers are funnel shaped and white or cream with a darker centre. The fruit are 3-4 mm long.

HABITAT

It is a tropical plant.

REFERENCES

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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/bb624c1b-35b6-4ce7-902d-35b6aa6ba652