PLANT FACT SHEET

Cotyledon umbilicus Linn.

GENUS *Cotyledon* **FAMILY** Crassulaceae

COMMON NAMES Navelwort, Kidneywort

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A plant that keeps growing from year to year. It grows 50 cm high and spreads 50 cm wide. The stem lies along the ground. The leaves come directly from the rootstock. They are round and succulent. They are 7.5 cm across and slightly curved like a bowl. The flowers are bell shaped and yellowish-green. They hang down.

HABITAT

It grows in moist rocky areas. It needs a protected, sunny position. It is damaged by drought and frost.

PRODUCTION

Cultivation

Plants can be grown from seed or by tip cuttings.

REFERENCES

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 290

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 222

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c8e8f57e-d2fe-4fef-bdce-d10aae0efda0