PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Hypoxis hemerocallidea Fisch. & C. A. Mey.

GENUS *Hypoxis* **FAMILY** Hypoxidaceae

COMMON NAMES Yellow star, African star grass

EDIBLE PARTS AND USES

Edible parts: Root, Bulb, Medicine

DESCRIPTION

A herb. It has tubers. The leaves are strap like. They can be 40 cm long. They are in 3 ranks and arch outwards. The leaves are hairy underneath. The flowers are yellow and star shaped.

HABITAT

It is a subtropical plant. It grows in grassland.

PRODUCTION

Cultivation

Plants can be grown by division of the corm. Growing from seed is difficult.

NOTES

Its use as a medicine although popular is still disputed.

REFERENCES

Akinola, R., et al, 2020, A Review of Indigenous Food Crops in Africa and the Implications for more Sustainable and Healthy Food Systems. Sustainability 2020, 12, 3493;

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/d4278a3f-25f5-467b-b7c3-d46b2cd69fbf