PLANT FACT SHEET

Opuntia humifusa (Raf.) Raf.

GENUS *Opuntia* **FAMILY** Cactaceae

COMMON NAMES Low prickly pear

EDIBLE PARTS AND USES

Edible parts: Fruit, Stems, stem, Flowers, Seeds

The fruit are eaten raw, roasted, stewed or dried for later use.
The young joints are roasted and eaten. The prickles are first removed.
The flower buds can be de-spined and then roasted and cooked in stews.
The seeds can be dried, roasted and ground for soup.

DESCRIPTION

A cactus. It forms spreading clumps. They are about 30 cm high. The stem segments are fleshy and dull green. They are slightly spiny. They are 4-10 cm long and 4-6 cm wide. The flowers are yellow and 4-6 cm long and 4-6 cm wide. The fruit is dark red or purple. They are 1.5-4 cm long by 2-3 cm wide.

HABITAT

It is a temperate plant. It suits hardiness zones 5-10.

PRODUCTION

Cultivation

It can be grown by seeds, division of the root or by using segments.

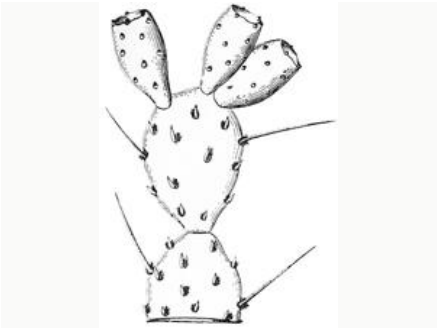
NOTES

There are about 250 Opuntia species. It is used in medicine.

PICTURES



Credit: Food Plants International (Bruce French)



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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/d76c2924-87ce-48a6-bbf7-68585a548e31