PLANT FACT SHEET

Metalasia muricata (L.) Less.

GENUS *Metalasia* **FAMILY** Asteraceae

COMMON NAMES Honey tree, White bristle bush

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The leaves are used to make tea.

DESCRIPTION

A low rounded shrub. It can grow to 4 m tall. The crown is made up of upward pointing twiggy stems. The leaves are very small and less than 1 cm long. They are often needle like. They occur in tufts on the branches. The flowers are in crowded heads at the ends of branches. The flowers have a honey smell.

HABITAT

It is a Mediterranean plant. It grows on dunes along the coast. In coastal forests it grows along streams. It can grow up to 1800 m altitude in South Africa. It grows in areas with an annual rainfall between 100-150 mm. It can grow in arid places.

PRODUCTION

Cultivation

Plants can be grown from seeds or cuttings.

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