PLANT FACT SHEET

Hermbstaedtia glauca Reichb. ex Steud.

GENUS *Hermbstaedtia* **FAMILY** Amaranthaceae

EDIBLE PARTS AND USES

Edible parts: Roots - drink

The roots are used to make a drink.

DESCRIPTION

A herb. It grows 25-40 cm tall. The branches have lines along them. The leaves are 1.2-2.5 cm long by 1.2-2 cm wide.

HABITAT

It is a tropical plant. It grows in sandy and stony patches.

REFERENCES

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 11

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

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e2ef8cac-f7c9-4686-9be2-551eab81779c