PLANT FACT SHEET

Asparagus capensis L.

GENUS *Asparagus* **FAMILY** Asparagaceae

COMMON NAMES Wild Asparagus

EDIBLE PARTS AND USES

Edible parts: Shoots, Fruit, Vegetable

The plant is eaten as a vegetable.
The fruit are eaten as a snack.

DESCRIPTION

A dense thorny shrub. It grows 1 m tall. The leaves are small and spiny. The flowers are very small and white. They have a scent.

HABITAT

It is a Mediterranean climate or subtropical plant.

NOTES

There are between 160-300 Asparagus species.

REFERENCES

De Vynk, J. C., et al, 2016, Indigenous edible plant use by contemporary Khoe-San descendants of South Africa's Cape South Coast. South African Journal of Botany. 102 (2016) 60-69

Fox, F. W. & Young, M. E. N., 1982, Food from the Veld. Delta Books. p 255

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 57

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 202

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 30

Sp. pl. 1:314. 1753

van Wyk, Be., & Gericke, N., 2007, People's plants. A Guide to Useful Plants of Southern Africa. Briza. p 68

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

Wikipedia,

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/e3916cbf-0e36-4798-aa5f-cdf8ca6f6659