PLANT FACT SHEET

# *Protea angolensis* Welw.

**GENUS** *Protea* **FAMILY** Proteaceae

**COMMON NAMES** Sugarbush, Angola protea, Northern Protea

## EDIBLE PARTS AND USES

**Edible parts:** Sap, Tips, flower - nectar

The young tips are chewed especially by children.
The nectar rich flowers are used to produce a syrup by simmering them in water.

## DESCRIPTION

A small straggling tree. It grows up to 3 m high. The bark is black and fissured. The leaves are long and oblong. They are 10-16 cm long by 2-8 cm wide. They are light green and taper to both ends. The flower heads are up to 10 cm across. The bracts are pale green and the flowers generally white. Both can be tinged with pink. The fruit is a nut which is hairy.

## HABITAT

A tropical plant. It grows in open wooded grassland.

## NOTES

There are 100-130 Protea species. Variety divaricata in Zimbabwe.

## REFERENCES


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