PLANT FACT SHEET

Bulbine frutescens (L.) Willd.

GENUS *Bulbine* **FAMILY** Asphodelaceae

COMMON NAMES Stalked bulbine

EDIBLE PARTS AND USES

Edible parts: Leaves, Stalks, Stem, Flowers

The stems and leaves are used for flavouring and sauces. They are chopped and boiled and eaten with porridge.
The leaves can be eaten as a vegetable and the leaf gel used for health drinks.

DESCRIPTION

A small succulent plant that keeps growing from year to year. It grows 60 cm high and spreads 50 cm wide. The stem is erect and branching. The leaves are green and 25 cm long. They are narrow. The flowers are bright yellow or orange. They have 3 petals and 3 sepals. They are in groups at the ends of branches. The flowers are 5 mm long. The fruit is a round, 3-chambered capsule. The seeds are black and oval.

HABITAT

It is a subtropical plant. It needs light to medium well-drained soils. It needs an open sunny position. It is damaged by frost. It can grow in hot arid conditions and with a marked dry season. It can grow in areas with a dry season of 6-11 months. In southern Africa it grows between 5-2,285 m above sea level. It is often on stony places. It can grow in arid places.

PRODUCTION

Cultivation

Plants can be grown by division.

NOTES

There are 30 Bulbine species.
Also put in the family Asphodelaceae.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/f503a445-df4d-49f0-a1b9-b67f703419b6