PLANT FACT SHEET

Hoodia flava (N. E. Br.) Plowes

GENUS *Hoodia* **FAMILY** Apocynaceae

COMMON NAMES Yellow-flowered ghaap

EDIBLE PARTS AND USES

Edible parts: Stems, Pods, Vegetable

It is eaten fresh as a food.
It is also used as an appetite suppressant.

DESCRIPTION

A succulent shrub. It can have many stems. It grows 50 cm tall. The stems are 7.5-30 cm long and 2-4 cm thick. There are 1-3 flowers in a cluster.

HABITAT

It is a tropical plant.

PRODUCTION

Cultivation

Plants can be grown by seed. They can also be grown by cuttings.

REFERENCES

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 330

Jansen, P.C.M., 2004. Hoodia currorii (Hook.) Decne. [Internet] Record from Protabase. Grubben, G.J.H. & Denton, O.A. (Editors). PROTA (Plant Resources of Tropical Africa), Wageningen, Netherlands. < http://database.prota.org/search.htm>. Accessed 16 October 2009.

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 24

van Wyk, Be., & Gericke, N., 2007, People's plants. A Guide to Useful Plants of Southern Africa. Briza. p 70

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/fd0cd810-cc00-4765-99a5-646bcff0c4aa