



Common names

Common soap aloe, African aloe,

Scientific name

Aloe maculata

Edible portion Heart, Growing tip, Leaves, Flowers,

Xanthorrhoeaceae



Description

A shrub. It does not have a stem. It grows in a ring. The main ring can be 40 cm tall. The leaves are thick and succulent and 25 cm long. There are sharp dark brown teeth along the edge. The leaves have white freckles. The flowers are tube shaped and red, orange or yellow.

Distribution

It grows in warm temperate places. It can grow in arid places. In Brisbane Botanical gardens.

Found in:

Africa, Asia, Australia, Eswatini, India, Lesotho, Mauritius, Mexico, New Zealand, North America, South Africa, Southern Africa, Swaziland, Tasmania,

Use

The stem is eaten as a vegetable.
The leaves are eaten as a vegetable.

Cultivation

Production



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Nutritional Values

Aloe maculata

Edible Part	/100 g edible portion	Moisture %	Energy KJ	Energy Kcal	Protein g	Provit A µg	Vit C mg	Iron mg	Zinc mg
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