PLANT FACT SHEET

Nothopegia colebrookeana (Wight) Blume

GENUS *Nothopegia* **FAMILY** Salvadoraceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Fruit, Seeds

The pulp of the fruit is eaten.
The seeds are eaten after boiling 4 times with changes of water to remove the bitterness. They are then sun-dried and ground into flour for porridge or flat bread.
The whole seeds are cooked and eaten with oil and salt.

DESCRIPTION

A large tree. It keeps its leaves throughout the year. It grows 5-15 m tall. The leaves are opposite. They are oval to round and 2-9 cm long by 1-4 cm wide. The flowers are small and greenish-white. The fruit is oval and 1-2 cm long by 7-10 mm across. The seeds are dark and oval. They are 9-11 mm long by 6-7 mm wide.

HABITAT

A tropical plant. In East Africa it grows from sea level to 810 m above sea level. It grows in southern India.

NOTES

There are 2 Dobera species. Chemical composition (undebittered): Protein (crude) = 19.0% (dry). Oil = 0.5% (dry). Ash = 6.4% (dry). Fibre (crude) = 2.6% (dry). Carbohydrate (soluble): starch = 55.7%(dry); (sugars): sucrose = 5.1% (dry). D-glucose = 3.0% (dry). D- fructose = 00.4% (dry). Amino acid (g [16g N]-1): Aspartic acid = 9.2g. Threonine = 2.7g. Serine = 2.9g. Glutamic acid = 10.1g. Proline = 4.9g. Glycine = 3.6g. Alanine = 4.2g. Cysteine = 1.5g (performic acid oxidation). Methionine = 2.2g. (performic acid oxidation). Isoleucine = 3.2g. Leucine = 6.0g. Tyrosine = 2.8g. Phenylalanine = 4.1g. Histidine = 1.3g. Lysine = 3.4g. Arginine = 5.4g. Sulphur = 0.98% (dry). Potassium = 0.18% (dry). Magnesium = 0.47%(dry). Calcium = 0.53% (dry). Na = 0.02% (dry). K = 1.28% (dry). Zinc = 33 mg/kg-1 (dry). Iron = 382 mg/kg-1 (dry). Manganese = 334 mg/kg-1 (dry). Copper = 2 mg/kg-1 (dry).

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