PLANT FACT SHEET

Smithia elliotii Baker f.

GENUS *Smithia* **FAMILY** Fabaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are cooked and eaten as a side dish. The leaflets are pulled off and cooked with potash. It is slimy.

DESCRIPTION

An annual herb or small shrub. It has erect stems. It grows up to 1.5 m high. The leaves are 5-7 cm long and have 6-9 pairs of leaflets. The flowers are in groups of 3-6. They have brown bracts. The flowers contain both sexes. The fruit is a pod with 1-4 joints.

HABITAT

A tropical plant. It grows in waste places and grasslands in wet sites in the highlands of West and Central Africa. It can grow in standing water. It grows between 1,150-2,700 m above sea level.

PRODUCTION

Harvesting and Seed Production

They are especially used near the end of the dry season.

NOTES

There are about 30 Smithia species.

REFERENCES

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 3. Kew.

Chapman, J. D. & Chapman, H. M., 2001, The Forest Flora of Taraba and Andamawa States, Nigeria. WWF & University of Canterbury. p 186

Fowler, D. G., 2007, Zambian Plants: Their Vernacular Names and Uses. Kew. p 40

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 469

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 101

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 200

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 137

Williamson, J., 2005, Useful Plants of Malawi. 3rd. Edition. Mdadzi Book Trust. p 226

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

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/026ca948-0d98-49c5-b237-d536ec7aed0f