PLANT FACT SHEET

Combretum padoides Engl. & Diels

GENUS *Combretum* **FAMILY** Combretaceae

COMMON NAMES Thicket combretum

EDIBLE PARTS AND USES

Edible parts: Vegetable, Leaves

The young leaves are chopped and cooked either alone or with other vegetables.

DESCRIPTION

A shrub. It has many branches and loses its leaves during the year. It can be 1-12 m tall. It has long trailing branches. These can scramble into trees nearby. The bark is rough and dark brown. The leaves are opposite and narrowly oval. They are 5-10 cm long. They are thin and papery. They are dull green and have hairs on the veins underneath. The tip is long and pointed. The flowers are white to yellow and very small. They have a sweet scent. They can occur singly, in loose spikes or in dense masses. The fruit has 4 wings and is round and 2 cm across. They have small golden scales. The wings are 7-9 mm wide.

HABITAT

It is a tropical plant. It grows along rivers and in swamp forests. It can be on rocky hills. It grows between sea level and 1,500 m above sea level.

PRODUCTION

Harvesting and Seed Production

In Tanzania the leaves are collected from October to December.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/040be81d-48b8-464a-9573-e4d17e194f11