PLANT FACT SHEET

Grewia bicolor Juss.

GENUS *Grewia* **FAMILY** Malvaceae

COMMON NAMES Two-coloured grewia, White-leaved raisin

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves - tea, Vegetable, Flowers, Seeds

The ripe fruit are eaten raw and fresh. The seeds are not eaten. The fruit are also dried as candy. The fruit juice is drunk and added to porridge. It is also fermented into beer.
The leaves are eaten being used as a binding agent for sauces.
Fresh leaves are made into a tea drink.

DESCRIPTION

A small tree or shrub. It grows up to 3-8 m tall. It is often a shrub with many stems. The young branches are covered with soft hairs. The leaves are oval or sword shaped. They are smooth above and white below. The have fine teeth along the edges. The leaves are 1-8 cm long. The flowers are in bunches and are bright yellow. They have 5 narrow petals. The fruit are orange brown and 6 mm across. They are edible.

HABITAT

A tropical plant. It grows in lowlands and highlands. It grows in drier regions. It grows in the Sahel. The rainfall in these places is 400-900 mm each year. It is often on rocky slopes near the sea. In grows on calcareous soils. It grows at low and medium altitudes in South Africa. In East Africa it grows from sea level to 2,000 m altitude. It grows best between 800-1,800 m altitude. It can grow in arid places. It is often on termite mounds. It grows in Miombo woodland in Africa. It grows in the Sahara.

PRODUCTION

Cultivation

Plants are grown from seeds. Seeds need treatment to germinate well. The hard surface needs breaking. Cuttings root poorly but if they have a heel they are better. It can be cut back and will re-grow.

Harvesting and Seed Production

In Tanzania it grows between April to June.

NOTES

There are about 200 Grewia species. They are mostly tropical. The fruit of most may be edible. These were in the Sparrmanniaceae and the Tiliaceae.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

Abbiw, D.K., 1990, Useful Plants of Ghana. West African uses of wild and cultivated plants. Intermediate Technology Publications and the Royal Botanic Gardens, Kew. p 47

Addis, G., Asfaw, Z & Woldu, Z., 2013, Ethnobotany of Wild and Semi-wild Edible Plants of Konso Ethnic Community, South Ethiopia. Ethnobotany Research and Applications. 11:121-141

Alemayehu, G., et al, 2015, Plant diversity and ethnobotany in Berehet District, North Shewa Zone of Amhara Region (Ethiopia) with emphasis on wild edible plants. Journal of Medicinal Plants Studies 2015; 3(6): 93-105

Allen, D. J., 2007, Wildflowers and Common Trees of East Africa. Camerapix Publishers p 58

Asfaw, Z. and Tadesse, M., 2001, Prospects for Sustainable Use and Development of Wild Food Plants in Ethiopia. Economic Botany, Vol. 55, No. 1, pp. 47-62

Asfaw, A., et al, 2023, Ethnobotanical study of wild edible plants and implications for food security. Trees, Forests and People. 14 (2023) 100453 p 9

Bahru, T., et al, 2013, Wild Edible Plants: Sustainable Use and Management by Indigenous Communities in and the Buffer Area of Awah National Park, Ethiopia. Ethiop. J. Sci., 36(2): 93-108

Balemie, K., & Kebebew, F., 2006, Ethnobotanical study of wild edible plants in Derashe and Kucha Districts, South Ethiopia. Journal of Ethnobiology and Ethnomedicine.

Bekele-Tesemma A., Birnie, A., & Tengnas, B., 1993, Useful Trees and Shrubs for Ethiopia. Regional Soil Conservation Unit. Technical Handbook No 5. p 262

Belem, M., et al, 2017, Strategy of Conservation and Protection of Wild Edible Plants Diversity in Burkina Faso. ANADOLU 27 (2) 2017, 82-90

Berihun, T. & Molla, E., 2017, Study on the Diversity and Use of Wild Edible Plants in Bullen District Northwest Ethiopia. Hindawi Journal of Botany. Article ID 8383468

Biri, A., et al, 2024, Ethnobotanical study of wild edible plants in Arsi Robe district of East Arsi Zone, Ethiopia. Journal of Ethnobiology and Ethnomedicine. 20:70

Brink, M., 2007. Grewia bicolor Juss. [Internet] Record from Protabase. Louppe, D., Oteng-Amoako, A.A. & Brink, M. (Editors). PROTA (Plant Resources of Tropical Africa), Wageningen, Netherlands. < http://database.prota.org/search.htm>. Accessed 16 October 2009.

Bultosa, G., et al, 2020, Plant-based traditional foods and beverages of Ramotswa Village, Botswana. Journal of Ethnic Foods (2020) 7:1

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 1. Kew.

Dalziel, J. M., 1937, The Useful plants of west tropical Africa. Crown Agents for the Colonies London.

Dharani, N., 2002, Field Guide to common Trees & Shrubs of East Africa. Struik. p 236

Edwards. S., et al, (Eds), 1995, Flora of Ethiopia and Eritrea. Vol.2, Part 2 Canellaceae to Euphorbiaceae. Uppsala, Sweden. p 162

Emire, A., et al, 2022, Ethnobotanical Study of Wild Edible Plants in Liben and Wadera Districts of Guji Zone, Southern Ethiopia. Global Journal of Agricultural Research Vol.10, No.3, pp. 47-65

Ethiopia: Famine Food Field Guide. http://www.africa.upenn.edu/faminefood/category3.htm

Exell, A.W. et al, (Ed), 1963, Flora Zambesiaca Vol 2 Part 1 Crown Agents, London. p 49

FAO, 1988, Traditional Food Plants, FAO Food and Nutrition Paper 42. FAO Rome p 306

Feyssa, D. H., et al, 2011, Seasonal availability an consumption of wild edible plants in semiarid Ethiopia; Implications to food security and climate change adaptation. Journal of Horticulture and Forestry 3(5): 138-149

Fowler, D. G., 2007, Zambian Plants: Their Vernacular Names and Uses. Kew. p 45

Fox, F. W. & Young, M. E. N., 1982, Food from the Veld. Delta Books. p 355

Gallagher, D. E., 2010, Farming beyond the escarpment: Society, Environment, and Mobility in Precolonial Southeastern Burkina Faso. PhD University of Michigan.

Gemedo-Dalle, T., et al, 2005, Plant Biodiversity and Ethnobotany of Borana Pastoralists in Southern Oromia, Ethiopia. Economic Botany 59(1) pp. 43-65

Giday, M., et al, 2023, Use of wild edible and nutraceutical plants in Raya-Azebo District of Tigray Region, northern Ethiopia. Tropical Medicine and Health (2023) 51:58

Glover et al, 1966b,

Goode, P., 1989, Edible Plants of Uganda. FAO p 30

Grivetti, L. E., 1980, Agricultural development: present and potential role of edible wild plants. Part 2: Sub-Saharan Africa, Report to the Department of State Agency for International Development. p 72, 79

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 562

Gueye, M., et al, 2014, Wild Fruits Traditionally Gathered by the Malinke Ethnic Group in the Edge of Niokolo Koba Park (Senegal). American Journal of Plant Sciences 5, 1306-1317

Guzo, S., et al, 2023, Ethnobotanical study of underutilized wild edible plants and threats to their long-term existence in Midakegn District, West Shewa Zone, Central Ethiopia. Journal of Ethnobiology and Ethnomedicine. 19:30

Hahn, K., et al, 2018, The use of wild plants for food: a national scale analysis for Burkina Faso (West Africa). FVSS FoodPlants Supplement

Full reference list (45 more) at https://www.echocommunity.org/en/resources/06056771-c9ee-41a6-a857-18caf196a9c2

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/06056771-c9ee-41a6-a857-18caf196a9c2