PLANT FACT SHEET

Leptadenia hastata (Pers.) Decne

GENUS *Leptadenia* **FAMILY** Apocynaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Buds, Flowers, Seeds, Vegetable, Gum, Fruit

The young leaves are eaten. They are washed then cooked. They are usually cooked along with other leaves. They are slightly bitter and are eaten with beans, pigeon pea, or cowpeas.
They are used to flavour soups.
The flowers are cooked as a spice.

DESCRIPTION

A creeping shrub. It grows 2-12 m long. It has many stems. The leaves are alternate and taper towards the tip. The stems are light green. Young shoots curve upwards and has long spaces between the leaves. The leaves are up to 10 cm long. They are oval and light green. The flowers are greenish-yellow. The fruit are cone shaped and have 2 valves. These split open releasing cottony winged seeds. The plant has a sticky sap when crushed.

HABITAT

A tropical plant. Kano state, northern Nigeria. It grows in dry savannah. In Ethiopia it grows between 500-1,500 m altitude. It grows on sandy loams. It grows in areas with an annual rainfall between 1,100-1,500 mm. It can grow in arid places. It can tolerate drought. It is little damaged by insects.

PRODUCTION

Cultivation

It can be grown on the fences near houses to provide leafy greens. Plants are grown from seeds.

NOTES

There are about 4-10 Leptadenia species. The leaves are rich in Vitamin A.

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