PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Maerua edulis (Gilg & Benedict) De Wolf

GENUS *Maerua* **FAMILY** Capparaceae

COMMON NAMES Blue-leaved bush-cherry

EDIBLE PARTS AND USES

Edible parts: Fruit, Nut, Root, Seeds

The fruit are boiled and eaten. The water is thrown away.
Caution: The fruit probably have poisonous elements.
The root is used in soup and for porridge.

DESCRIPTION

A shrub or small tree. It has slender, straight stems. It can grow 3 m tall. There are many leaves and these are alternate. The leaf stalks are 4 mm long. The leaf blade is broadly oval and 2 cm long by 2 cm wide. They are greyish. The flowers occur singly in the axils of the leaves. They are about 1.3 cm long by 5 mm wide. There are many stamens. The fruit stalk is about 2 cm long.

HABITAT

A tropical plant. It grows in the lowlands. In Swaziland it grows in the low veld only. It can grow in arid places.

REFERENCES

Fowler, D. G., 2007, Zambian Plants: Their Vernacular Names and Uses. Kew. p 78

Fox, F. W. & Young, M. E. N., 1982, Food from the Veld. Delta Books. p 145

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 44

Ichikawa, M., 1980, The Utilization of Wild Food Plants by the Suiei Dorobo in Northern Kenya. J. Anthrop. Soc. Nippon. 88(1): 25-48

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 131 (As Courbonia edulis)

Johns, T., and Kokwaro, J.O., 1991, Food Plants of the Luo of Siayo District, Kenya. Economic Botany 45(1), pp 103-113

Kokwaro, J. O. and Johns. T., Luo Biological Dictionary. p 16

Long, C., 2005, Swaziland's Flora - siSwati names and Uses http://www.sntc.org.sz/flora/

Mutie, F. M., et al, 2023, Important Medicinal and Food Taxa (Orders and Families) in Kenya, Based on Three Quantitative Approaches. Plants 2023, 12, 1145

Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; http://www.rbgkew.org.uk/ceb/sepasal/internet [Accessed 7th April 2011] (Also as Maerua subcordata)

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 42

Swaziland's Flora Database http://www.sntc.org.sz/flora

Welcome, A. K. & Van Wyk, B.-E., 2019, An inventory and analysis of the food plants of southern Africa. South African Journal of Botany 122 (2019) 136–179

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

www.zimbabweflora.co.zw 2011

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/0b6cb8e7-3548-4bb9-802c-016ddeb33d5c