PLANT FACT SHEET

Sericostachys scandens Gilg et Lopr.

GENUS *Sericostachys* **FAMILY** Amaranthaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are cooked and eaten as a vegetable.

DESCRIPTION

A stout climber or shrub. It grows 20 m high. The leaves are opposite. The leaf blade is 8 cm long by 3 cm wide. The leaves are narrowed at both ends. The leaf stalk is 12 mm long. The flowers are in the axils of leaves in 3-4 spikes. The fruit is a thin walled oval capsule. It is 3 mm long and has one seed. The seeds is almost 3 mm long. It is shiny brown.

HABITAT

A tropical plant. It grows in forests in West Africa growing into the canopy. In East Africa it grows between 1,200-2,600 m altitude. It is often near rivers and lakes.

NOTES

There is only one Sericostachys species.

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