PLANT FACT SHEET

Solanecio biafrae (Oliv. et Hiern.) S. Moore

GENUS *Solanecio* **FAMILY** Asteraceae

COMMON NAMES Sierra Leone bologi

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems, Vegetable, Leaves - tea

The leaves and stems are used as a vegetable. They are cooked with pepper, tomato and onion.
The leaves are also used as a tea substitute.

DESCRIPTION

A climbing herb. It twines clockwise. It usually branches 50 cm above the ground producing bushy growth. The leaves are succulent. They have long leaf stalks and teeth along the edge. They are almost triangle shaped. They are 5-8 cm long by 3-5 cm wide. They can be larger. The young leaves stick up and the older leaves hang down. The flowers are creamy white and at the ends of the shoots. They are in rounded clusters. The fruits are dry. There are improved cultivated varieties.

HABITAT

A tropical plant. It grows well in light shade. It cannot tolerate drought. It can grow in arid places. It grows in secondary jungle in West Africa. It grows in areas with an annual rainfall of 1,500 mm. It grows from sea level to 1,300 m above sea level. It needs shade.

PRODUCTION

Cultivation

Plants can be grown from seed but are often grown from cuttings. Cuttings 25 cm long from older stems are used. Some of the leaves are removed. It is best to use a trellis for the plant to climb over. This should be 1 m high. It can grow under cacao.

Harvesting and Seed Production

About 12 pickings of leaves can give a yield of 14 kg per plant. Plants can be harvested several times in a year.

NOTES

There are about 16 Solanecio species.
A Yoruba proverb: "A vegetable soup prepared with worowo does not need meat."

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 41

Adebooye, O. C. et al, 2005, Seed constraint to cultivation and productivity of African indigeous leaf vegetables. African Journal of Biotechnology 4(13) pp 1480-1484

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 3. Kew.

Dalziel, J. M., 1937, The Useful plants of west tropical Africa. Crown Agents for the Colonies London. (As Crassocephalum biafrae)

Epenhuijsen C.W. van., 1974, Growing Native vegetables in Nigeria. FAO Rome, p 58 (As Crassocephalum biafrae)

FAO, 2024, Compendium of forgotten foods in Africa – A companion publication for Integrating Africa's forgotten foods for better nutrition. Accra. https://doi.org/10.4060/cc5044en p 80 (As Crassocephalum biafrae)

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 29 (As Senecio biafrae)

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 468

INFOODSUpdatedFGU-list.xls

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 70 (As Crassocephalum biafrae)

Kays, S. J., and Dias, J. C. S., 1995, Common Names of Commercially Cultivated Vegetables of the World in 15 languages. Economic Botany, Vol. 49, No. 2, pp. 115-152 (As Crassocephalum biafrae)

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 184 (As Crassocephalum biafrae) and p 186 (As Senecio biafrae)

Okigbo, B.N., Vegetables in Tropical Africa, in Opena, R.T. & Kyomo, M.L., 1990, Vegetable Research and development in SADCC countries. Asian Vegetable Research and development Centre. Taiwan. p 38 (As Crassocephalum biafrae)

Oniang'o, R., Grum, M. and Obel-Lawson, E., editors. 2008. Developing African leafy vegetables for improved nutrition. Regional workshop, 6-9 December 2005. Rural Outreach Program, Nairobi, Kenya. p 3 (As Crassocephalum biafrae)

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 89 (As Crassocephalum biafrae)

Raponda-Walker, A & Sillans, R., 1961, Les Plantes Utiles du Gabon. Editions Paul Lechevalier, Paris. p 130

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 14th April 2011]

Terra, G.J.A., 1973, Tropical Vegetables. Communication 54e Royal Tropical Institute, Amsterdam, p 41 (As Crassocephalum biafrae)

Tindall, H.D., 1983, Vegetables in the tropics. Macmillan p. 84 (As Crassocephalum biafrae)

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

Zeven, A. C. & de West, J. M. J., 1982, Dictionary of cultivated plants and their regions of diversity. Wageningen. p 123 (As Senecio biafrae)

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/17f1ef3d-4c07-4e46-96bb-50faffe68345