PLANT FACT SHEET

Cassia sieberiana DC.

GENUS *Cassia* **FAMILY** Fabaceae

COMMON NAMES African Laburnum

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems

The sweet extract from the stems is eaten.

DESCRIPTION

A tree that loses its leaves during the dry season. It grows 10-20 m high. The bark is dark grey and wrinkled. The leaflet stalks are 20-30 cm long with 7-10 pairs of leaflets. They are 5-10 cm long by 3-5 cm wide. The flowers are bright yellow and attractive. They are in groups that can be upright or hanging. These groups are 30-50 cm long. The fruit is a long pods. It is dark brown and 40-80 cm long. It has division between the seeds.

HABITAT

A tropical plant. It is best in well-drained humid soils. It needs at least 500 mm of rain each year. It grows in savannah woodland and palm groves. It is often along river banks. It grows in the Sahel.

PRODUCTION

Cultivation

It can be grown from seeds. The seeds need to be soaked in boiling water then left to cool down before sowing. Plants can be cut back and allowed to regrow.

NOTES

There are 100 Cassia species. This group has been revised to a smaller more consistent group. Also as Caesalpinaceae.

REFERENCES

Achigan-Dako, E, et al (Eds), 2009, Catalogue of Traditional Vegetables in Benin. International Foundation for Science.

Bonou, A., et al, 2013, Valeur economique des Produits Forestiers Non Ligneux (PFNL) au Benin. Editions Universitaires Europeennes p 89

FAO, 1988, Traditional Food Plants, FAO Food and Nutrition Paper 42. FAO Rome p 159

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 64

Maydell, H. von, 1990 Trees and shrubs of the Sahel: their characteristics and uses. Margraf. p 225

MORTIMORE,

Prodr. 2:489. 1825

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

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/196422f3-1a2f-4e7a-8c2e-5675a818b6a9