PLANT FACT SHEET

Griffonia simplicifolia (Vahl ex DC.) Baill.

GENUS *Griffonia* **FAMILY** Fabaceae

EDIBLE PARTS AND USES

Edible parts: Stem - juice, Leaves - wine, Leaves, Medicine

The stems are baked and chewed.
The leaves are used as a vegetable.

DESCRIPTION

A shrub that is like a creeper.

HABITAT

It is a tropical plant. It grows in the grass savannah in West Africa.

NOTES

Medicine.

REFERENCES

Bongers, F. et al (Eds), Forest Climbing Plants of West Africa: Diversity, Ecology and Management. CABI

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

Nazhand, A., et al, 2024, Beneficial Properties and Sustainable Use of a Traditional Medicinal Plant: Griffonia simplicifolia. Challenges 2024, 15, 14

Udo, E. S., et al, 2009, Life-form and Density of Valuable Non-timber Plants in Ukpom Community Forest, Akwa Ibom State, Nigeria. African Research Review 3(3) p 7 (As Bandeiraea simplicifolia)

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/1b6e31e6-0722-41c7-9079-98c0c0cf68f8