PLANT FACT SHEET

Ceratotheca triloba (Bernh.) E. Mey. ex Hook. f.

GENUS *Ceratotheca* **FAMILY** Pedaliaceae

COMMON NAMES African foxglove, False foxglove

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are cooked and eaten. They are slimy.
They have an unpleasant smell when crushed but this disappears when cooked.

DESCRIPTION

A herb. It is an annual plant. It is erect and grows 2 m high. There are thin hairs. The leaves are opposite. The leaf blades are deeply 3 lobed. There are short teeth along the edges. The leaves are 5 cm long by 4 cm wide. The flowers occur singly. They are in the axils of leaves. The flowers are all turned to one side. The flowers are bell shaped. The fruit is dry and leathery. It is about 2.5 cm long.

Probably now Sesamum trilobum.

HABITAT

A tropical plant. It grows on sandy soils in open grassland. It needs sandy, well-drained soil.

PRODUCTION

Cultivation

Plants can be grown from seeds. Seeds germinate very easily. Seeds can be collected from dried fruits. Plants can be put 20 cm apart.

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/1cc22570-bad2-4345-8949-83d965ec8a81