PLANT FACT SHEET

Cussonia paniculata Ecklon & Zeyher

GENUS *Cussonia* **FAMILY** Araliaceae

COMMON NAMES Cabbage Tree, Mountain cabbage tree

EDIBLE PARTS AND USES

Edible parts: Root, Fruit, Leaves

The thick tuberous root is peeled and eaten as an emergency food or for moisture.
The fruit are edible when ripe.

DESCRIPTION

A small tree. It grows up to 5 m tall and has few branches. The trunk is rough, brown and corky. The bark is grey and cracked along its length. The trunk can be 60 cm across. The branches have prominent leaf scars. The leaves can be 60 cm across. They are made up of 7-9 leaflets arranged like a fan. The leaflets are entire and lobed. The form segments with constrictions between them. Each leaflet is 10-30 cm long by 2-6 cm wide. They are a pale blue-grey. The edges are toothed. The flowers are small and green. They occur in densely flowers spikes. These are 2.5-5 cm long. They are branched. The fruit is fleshy and 6 cm across. They are purple when mature.

HABITAT

It is native to South Africa. It grows inland and up to 2100 m altitude. It often grows in rocky places. It cannot tolerate heavy frosts. It is drought tolerant. It can grow in arid places. It suits hardiness zones 9-11. Melbourne Botanical Gardens. Wittunga Botanical Gardens.

PRODUCTION

Cultivation

Plants can be grown from cuttings. They can also be grown from fresh seeds.

Harvesting and Seed Production

It is fairly slow growing.

NOTES

There are 20 Cussonia species. They occur in South Africa.

PICTURES



Credit: Food Plants International (Bruce French)



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