PLANT FACT SHEET

Sterculia stenocarpa H.J.P. Winkl.

GENUS *Sterculia* **FAMILY** Malvaceae

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves

The fruit are eaten.

DESCRIPTION

A shrub or small tree. It grows 4-12 m tall. It has a spreading crown. It has several branches from just above the ground. The trunk is short and stout. The leave are round in outline with 3 shallow lobes. The leaves are 4-7 cm long by 4-10 cm wide. The base is heart shaped. The flowering shoots are in large numbers on leafless stems. The flowers are yellow with red. They have a tube 7-12 mm long with 5 spreading triangle shaped teeth. The fruit are follicles that hang down. The are narrowly cylinder shaped and 7-9 cm long by 1-1.2 cm wide. The seeds are small and 8 mm long by 5 mm wide.

HABITAT

It is a tropical plant. It grows in dry bushland from sea level to 1,700 m above sea level.

REFERENCES

Gemedo-Dalle, T., et al, 2005, Plant Biodiversity and Ethnobotany of Borana Pastoralists in Southern Oromia, Ethiopia. Economic Botany 59(1) pp. 43-65

Ichikawa, M., 1980, The Utilization of Wild Food Plants by the Suiei Dorobo in Northern Kenya. J. Anthrop. Soc. Nippon. 88(1): 25-48

JSTOR Global Plants edible

Mutie, F. G., 2020, Conservation of Wild Food Plants and Their Potential for Combatting Food Insecurity in Kenya as Exemplified by the Drylands of Kitui County. Plants 2020, 9, 1017

Mutie, F. M., et al, 2023, Important Medicinal and Food Taxa (Orders and Families) in Kenya, Based on Three Quantitative Approaches. Plants 2023, 12, 1145

Termote, C., et al, 2014, Assessing the potential of wild foods to reduce the cost of a nutritionally adequate diet: An example from eastern Baringo District, Kenya. Food and Nutrition Bulletin, vol. 35, no. 4

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/28579515-3436-4e70-9060-ec4eb4ff304a