PLANT FACT SHEET

Vangueria infausta subsp. rotundata (Robyns) Verdc.

GENUS *Vangueria* **FAMILY** Rubiaceae

EDIBLE PARTS AND USES

Edible parts: Fruit

The pulp of the fruit is eaten and the seeds discarded.
The fruit pulp is added to milk or water to make a kind of porridge.

DESCRIPTION

A shrub or small tree. It can grow 5 m tall. The bark is smooth and grey. The leaves are opposite and large. They are dark green above and lighter underneath. They are soft and covered with small hairs. The flowers are white to green and 5 mm long. They are on a branched flower arrangement. The fruit are almost round and 4.5 cm across. They are shiny dark green. Ripe fruit turn greenish brown.

HABITAT

A tropical plant. In Kenya it grows from 10-2,450 m altitude. It can grow as well in open and in shaded areas.

PRODUCTION

Cultivation

Plants can be grown from seeds. The seeds germinate in about 3-4 weeks. Breaking the hard seed coat helps germination. The plant can also be grown from root suckers or cuttings. Trees can be pruned.

Harvesting and Seed Production

Trees grown quickly. Fruit can be harvested after 3 years. Mature fruit can be picked and kept to ripen. Dry fruit can be stored for a year. They are then soaked overnight before using. In Tanzania fruit are collected from November to July.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/3135fb08-bcca-4226-b07a-5088fa0e017d