PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Lasianthera africana P. Beauv.

GENUS *Lasianthera* **FAMILY** Icacinaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

Caution: The leaves contain alkaloids.
The leaves can be dried and stored. They are used in soups.
Some varieties can be bitter. To remove this they are washed several times in boiling water and also have potash added.

DESCRIPTION

A shrub. It keeps growing from year to year. It can be 1-4 m tall. The small branches are angular. The leaves are oblong but heart shaped at the base and taper to the tip. They are 8-15 cm long by 3-6 cm wide. They are arranged alternately along the stem.

HABITAT

It is a tropical plant. It grows as an under-storey plant in secondary jungle in West Africa. It grows along the side of rivers.

PRODUCTION

Cultivation

Plants can be grown from stem cuttings.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/34fbc97a-8f59-4888-ac3e-a0bb3d02d347