PLANT FACT SHEET

Crateva adansonii DC.

GENUS *Crateva* **FAMILY** Capparaceae

COMMON NAMES Temple plant

EDIBLE PARTS AND USES

Edible parts: Leaves, Fruit, Seeds, Vegetable

The young fruits and flowers are edible. The fruit are cooked.
The leaves are popular as food. They are also used for flavouring.
The seeds are occasionally eaten. They are roasted.

DESCRIPTION

A shrub 1-4 m high. It can grow 20 m tall. It has a wide spreading crown. The trunk is stout and often twisted. The bark is pale brown. The leaves have 3 leaflets. These have blunt tips. The leaves are 5-10 cm long. The flowers are white and occur in dense masses. The papery white petals are all on one side of the flower. The fruit are green at first but become yellow when mature. The fruit are 2.5-5 cm across. The seeds are edible.

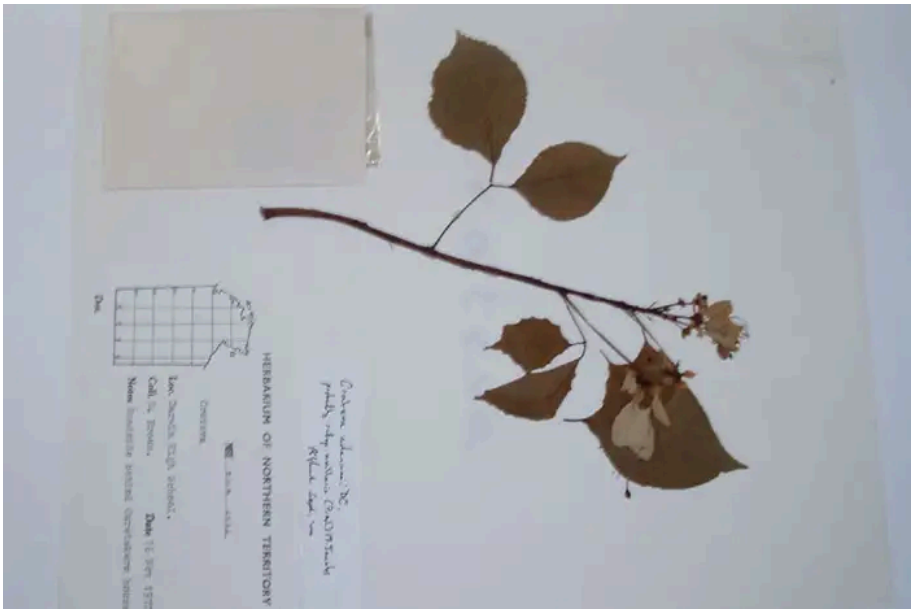
HABITAT

It is a tropical plant. It grows on land subject to temporary flooding and on the banks of streams. It occurs in savannah country. It is very drought tolerant. It grows in the Sahel. In East Africa it grows between 600-1,400 m altitude. It can grow in arid places.

NOTES

There are 9 Crateva species. They grow in the tropics.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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