PLANT FACT SHEET

Cleistanthus polystachyus Hook. f. ex Planch.

GENUS *Cleistanthus* **FAMILY** Phyllanthaceae

COMMON NAMES Forest umzithi

EDIBLE PARTS AND USES

Edible parts: Fruit

DESCRIPTION

A shrub or small tree. It grows 10 m high. It can be 30 m high. The trunk can be 25 cm across. It has a spreading crown. The leaves are alternate and simple. They are broadly sword shaped and 5-8 cm long by 2-4 cm wide. The flowering branches are slender and rusty coloured. The flowers are yellow. Male and female flowers are separate on the same tree. They have a scent. There are some subspecies. The fruit is a flattened round shape. It has a hard outer layer.

HABITAT

It is a tropical plant. It grows in the forest. In Malawi it grows along rivers and the lake shore in light shade. It grows in rainforest up to 2,100 m altitude. It suits humid locations.

NOTES

It has also been put in the family Euphorbiaceae.

REFERENCES

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 2. Kew.

White, F., Dowsett-Lemaire, F. and Chapman, J. D., 2001, Evergreen Forest Flora of Malawi. Kew. p 246

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/3b8b519d-318d-4594-ac75-eb673182b882