PLANT FACT SHEET

Stathmostelma propinquum (N. E. Br.) Schltr.

GENUS *Stathmostelma* **FAMILY** Apocynaceae

EDIBLE PARTS AND USES

Edible parts: Tubers, Root

The tubers are peeled and eaten raw.

DESCRIPTION

A short herb. It grows 15 cm high. It has low spreading branches. The stems arise from a tuberous rootstock. The tubers are oval and cream. They taper towards the bottom. They are 15 cm long and 6 cm wide. The tubers and the plant have milky latex. The leaves are opposite and very narrow. They are long and slightly hairy.

HABITAT

It is a tropical plant. In Kenya it grows from sea level to 2,400 m altitude. It is most common between 1,500-1,800 m altitude.

REFERENCES

Maundu, P. et al, 1999, Traditional Food Plants of Kenya. National Museum of Kenya. 288p

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/3cbbaab9-ab60-4404-96d3-96808c6a87e2