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.

Maerua triphylla Th. Dur. et Schinz

GENUS *Maerua* **FAMILY** Capparaceae

COMMON NAMES Small bead-bean

EDIBLE PARTS AND USES

Edible parts: Fruit, Root, Leaves

The leaves are cooked and eaten.
The roots are used for porridge.
The fruit are eaten raw.

DESCRIPTION

A shrub with many branches. It can be a scrambler or small tree. It grows up to 5 m tall. The leaves have 3 leaflets. The leaflets are oblong and 2-7 cm long by 1-3 cm wide. The end leaflet is twice the size of the others. These taper to the base. The flowers are in short, flat-topped heads. They are in the axils of leaves or at the ends of branches. The fruit are long and narrow. They are 10 cm long by 1 cm wide. They are pale creamy-brown. They are slightly constricted between the seeds.

HABITAT

A tropical plant. It grows in low altitude, dry type of woodland. It East Africa it grows from sea level to 2,300 m altitude. It can grow in arid places.

REFERENCES

Awas, T., 1997, A Study on the Ecology and Ethnobotany of Non-cultivated Food Plants and Wild Relatives of Cultivated crops in Gambella Region, Southwestern Ethiopia. Addis Ababa University. p 46

BROKENSHA & RILEY,

Dharani, N., 2002, Field Guide to common Trees & Shrubs of East Africa. Struik. p 124

Fowler, D. G., 2007, Zambian Plants: Their Vernacular Names and Uses. Kew. p 17

Gobezie, S., & Mersha W., 2023, Ethnobotanical survey of some wild edible plants among the Mursi, Bodi and Bacha communities in lower Omo valley of south Omo zone, southern Ethiopia. Research Square.

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 146

Lulekal, E., et al, 2011, Wild edible plants in Ethiopia: a review on their potential to combat food insecurity. Afrika Focus - Vol. 24, No 2. pp 71-121

Luoga, E. J., et al, 2000, Differential Utilization and Ethnobotany of Trees in Kitulanghalo Forest Reserve and Surrounding Communal Lands, Eastern Tanzania. Economic Botany, Vol. 54, No. 3, pp. 328-343

Mbuya, L.P., Msanga, H.P., Ruffo, C.K., Birnie, A & Tengnas, B., 1994, Useful Trees and Shrubs for Tanzania. Regional Soil Conservation Unit. Technical Handbook No 6. p 324

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

Palgrave, K.C., 1996, Trees of Southern Africa. Struik Publishers. p 198

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 78

RILEY & BROKENSHA,

Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; http://www.rbgkew.org.uk/ceb/sepasal/internet [Accessed 7th April 2011]

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

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/3ebfd3b2-4ca9-48c7-8677-317d00cc4560