PLANT FACT SHEET

Grewia similis K. Schum.

GENUS *Grewia* **FAMILY** Malvaceae

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves

The pounded leaves are used as a dry season leafy green.
The ripe fruit are eaten raw as a snack.

DESCRIPTION

A shrub or small tree. It grows 3 m high. It can be a climber growing 9 m high. The bark is smooth and grey brown. It becomes rougher with age. The leaves are broadly oval and 5 cm long. They are glossy green above. The tip can be rounded or notched. There are teeth along the edge. There are 3 veins from the base. The young shoot are hairy. The flowers are red or pink. The anthers are yellow. The flowers are 2 cm across. There are 3-6 flowers in a group at the ends of branches or in the axils of leaves. The fruit are fleshy berries. They are green but turn orange then red as they ripen. The fruit have 4 lobes and each lobe is about 5 mm across. The ripe fruit is edible.

HABITAT

A tropical plant. It grows in bush and grassland but not in dry areas. It grows between 600-2,200 m above sea level in East Africa. It can grow in arid places.

PRODUCTION

Cultivation

Plants can be grown from seeds.

Harvesting and Seed Production

In Tanzania fruit are collected from April to June.

NOTES

There are about 200 Grewia species. They are mostly tropical. The fruit of most may be edible. These were in the Sparrmanniaceae and the Tiliaceae.

REFERENCES

Dale, I. R. and Greenway, P. J., 1961, Kenya Trees and Shrubs. Nairobi. p 568

Dharani, N., 2002, Field Guide to common Trees & Shrubs of East Africa. Struik. p 237

http://www.fao.org/forestry/25323-096344a3de335832e8f363c3ac5184a66.pdf

Glover et al, 1966b,

Goode, P., 1989, Edible Plants of Uganda. FAO p 30

Grivetti, L. E., 1980, Agricultural development: present and potential role of edible wild plants. Part 2: Sub-Saharan Africa, Report to the Department of State Agency for International Development. p 45

Ichikawa, M., 1980, The Utilization of Wild Food Plants by the Suiei Dorobo in Northern Kenya. J. Anthrop. Soc. Nippon. 88(1): 25-48

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 140

Johns, T., and Kokwaro, J.O., 1991, Food Plants of the Luo of Siayo District, Kenya. Economic Botany 45(1), pp 103-113

Lyimo, M., et al, 2003, Identification and nutrient composition of indigenous vegetables of Tanzania. Plant Foods for Human Nutrition. 58: 85-92

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

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 290

Msuya, T. S., et al, 2010, Availability, Preference and Consumption of Indigenous Foods in the Eastern Arc Mountains, Tanzania, Ecology of Food and Nutrition, 49:3, 208-227

Mutie, F. G., 2020, Conservation of Wild Food Plants and Their Potential for Combatting Food Insecurity in Kenya as Exemplified by the Drylands of Kitui County. Plants 2020, 9, 1017

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

Newman, 1970,

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 193

Plowes, N. J. & Taylor, F. W., 1997, The Processing of Indigenous Fruits and other Wildfoods of Southern Africa. in Smartt, L. & Haq. (Eds) Domestication, Production and Utilization of New Crops. ICUC p 192

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 11th June 2011]

Ruffo, C. K., Birnie, A. & Tengnas, B., 2002, Edible Wild Plants of Tanzania. RELMA p 348

Shumsky, S., et al, 2014, Institutional factors affecting wild edible plant (WEP) harvest and consumption in semi-arid Kenya. Land Use Policy 38(2014) 48-69

von Katja Rembold, 2011, Conservation status of the vascular plants in East African rain forests. Dissertation Universitat Koblenz-Landau p 169

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/40be0af5-8abd-4437-b70f-e10d46581d0c