PLANT FACT SHEET

Pteleopsis myrtifolia (M. A. Lawson) Engl. & Diels

GENUS *Pteleopsis* **FAMILY** Combretaceae

COMMON NAMES Two-winged stink-bush

EDIBLE PARTS AND USES

Edible parts: Juice, Fruit, Leaves

The sap is mostly used as medicine.
The leaves are recorded as being cooked and eaten as a vegetable.

DESCRIPTION

A shrub or small tree. It grows 20 m tall but has a drooping habit. The bark is smooth and grey and has a net like appearance. The leaves are opposite and simple. They are 1-10 cm long by 1-4 cm wide. The are narrowly oval and taper to the ends. The edges are entire and may be wavy. The flowering shoots are 4.5 cm long and in the axils of leaves. The fruit are narrowly oval and have 2 or 3 wings. The fruit are 1-2.5 cm long by 0.5-1.7 cm wide.

HABITAT

It is a tropical plant. It grows from sea level to 1,600 m above sea level. It grows along the East Coast in Southern Africa.

PRODUCTION

Cultivation

It can be grown from seeds. It is best to soak the seeds overnight and discard any that float.

REFERENCES

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 73

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