PLANT FACT SHEET

Vangueria cinerascens (Welw. ex Hiern) Lantz

GENUS *Vangueria* **FAMILY** Rubiaceae

EDIBLE PARTS AND USES

Edible parts: Fruit

The ripe fruit are eaten as a snack.

DESCRIPTION

A shrub or small tree. It grows 1-3 m tall. The branches are slender. The small branches are covered with rusty hairs. It has a woody rootstock. The leaves are usually in pairs and opposite. They are 8 cm long. They are rough and hairy above and have soft hairs underneath. The flowers are small and pale yellow or green. They are in clusters in the axils of leaves. There are about 15 flowers in a group. The fruit are round. They can be yellow to red and 8-9 mm across.

HABITAT

It is a tropical plant. It grows in woodland. In Tanzania it grows between 1,100-1,300 m above sea level.

PRODUCTION

Cultivation

Plants can be grown from seeds.

Harvesting and Seed Production

In Tanzania the fruit are collected from November to May.

REFERENCES

http://www.fao.org/forestry/25323-096344a3de335832e8f363c3ac5184a66.pdf (As Tapiphyllum cinerascens)

Ruffo, C. K., Birnie, A. & Tengnas, B., 2002, Edible Wild Plants of Tanzania. RELMA p 662 (As Tapiphyllum cinerascens var. cinarescens)

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/44c48037-2969-4ccb-aadc-b9537875a0c9