PLANT FACT SHEET

Mystroxylon aethiopicum (Thunb.) Loes.

GENUS *Mystroxylon* **FAMILY** Celastraceae

COMMON NAMES Transvaal kooboo-berry

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves - tea, Bark - drink

The bark is used to make a tea infusion.
The fruit are used as a dessert fruit.

DESCRIPTION

An evergreen tree. It has several stems and grows 12 m tall. The crown is spreading. The young bark is smooth and grey but it becomes rough. The young branches are flattened. The leaves are dark green. They are simple and arranged in spirals. The flowers are in sprays with about 20 flowers. The fruit is fleshy with a stone inside. It is about 1 cm long and has a sweet edible pulp.

HABITAT

It is a tropical plant. It grows in the mountain forest in West Africa. It is widespread over tropical Africa from sea level to 2,000 m altitude. It can tolerate drought. It can grow in arid places.

PRODUCTION

Cultivation

The plant is grown from seeds. The flesh needs to removed from the seed. The seeds are planted in sand in a warm moist spot. Seeds germinate in 2-3 weeks.

Harvesting and Seed Production

It is fairly fast growing.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 1. Kew.

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

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 287 (As Elaeodendron sphaerophyllum)

Kuhnlein, H. V., et al, 2009, Indigenous Peoples' food systems. FAO Rome p 239

Long, C., 2005, Swaziland's Flora - siSwati names and Uses http://www.sntc.org.sz/flora/

Lovett, J. C. et al, Field Guide to the Moist Forest Trees of Tanzania. p 34

Magwede, K., van Wyk, B.-E., & van Wyk, A. E., 2019, An inventory of Vhavenda useful plants. South African Journal of Botany 122 (2019) 57–89

Mannheimer, C. A. & Curtis. B.A. (eds), 2009, Le Roux and Muller's Field Guide to the Trees and Shrubs of Namibia. Windhoek: Macmillan Education Namibia. p 298

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. M., et al, 2023, Important Medicinal and Food Taxa (Orders and Families) in Kenya, Based on Three Quantitative Approaches. Plants 2023, 12, 1145

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]

Schmidt, E., Lotter, M., & McCleland, W., 2007, Trees and shrubs of Mpumalanga and Kruger National Park. Jacana Media p 334

Venter, F & J., 2009, Making the most of Indigenous Trees. Briza. p 216

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

www.zimbabweflora.co.zw 2011

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/48966369-876b-4286-bab2-9822402413bb