PLANT FACT SHEET

Melastomastrum capitatum (Vahl) A. Fern. & R. Fern.

GENUS *Melastomastrum* **FAMILY** Melastomataceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Fruit

DESCRIPTION

A shrub. It grows 2 m tall. The leaves are oval and 13 cm long by 5 cm wide. The flowers are in groups of 2 or more and have bracts around them.

HABITAT

A tropical plant.

REFERENCES

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 22, 133 (As Dissotis erecta)

PROVIDED BY **Food Plants International**

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/4b67f8a7-44e3-4b49-91e8-1512284d829e