PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Blighia welwitschii (Hiern.) Radlk.

GENUS *Blighia* **FAMILY** Sapindaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - flavouring, Fruit, seeds - aril

The young leaves are used to flavour soup.
Caution: The aril probably needs to be very ripe and in sunlight. If unripe they are probably toxic.

DESCRIPTION

A tree. It grows 30-50 m high. The trunk is straight. It has a dense crown. Plants are separately male and female. Flowers are in small panicles. The flowers are small and white. They are in loose groups in the axils of leaves. The fruit are pear shaped and with 3 parts. They are 4-8 cm long by 3-5 cm wide. They are orange to red when ripe. There can be 3 seeds in each section. The seeds are narrowly oval and 2-3 cm long. There are 3 black seeds with a white aril around them.

HABITAT

It is a tropical plant. It grows in the forest zone in West Africa. In Uganda it grows up to 1,150 m above sea level.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/5727f8de-bf69-4b7d-a8fa-6d547204c1d4