PLANT FACT SHEET

Vangueria parvifolia (Sond.) Robyns

GENUS *Vangueria* **FAMILY** Rubiaceae

COMMON NAMES Mountain medlar, Small wild medlar

EDIBLE PARTS AND USES

Edible parts: Fruit

The fruit are eaten raw. They can be dried for future use.

DESCRIPTION

It is a small sturdy shrub or small tree. It usually loses its leaves during the year. It grows 3-8 m tall. It is often branched from the base. It has a rounded crown. The branches and twigs are crooked and twisted. The leaves are simple and almost stalkless. They are opposite or in clusters often near the ends of twigs. They are 1.9-3.8 cm long and egg shaped. The tips are rounded but often with a jutting point. The leaves are soft and pale green. The flowers are small, hairy, greenish and bell-shaped. They have 5 spreading lobes. The fruit is round. It is 1.3 cm across. It is green and turns light brown or red. It is edible. There is a stone inside.

HABITAT

It is a subtropical plant. It grows in rocky hills. It is in woodland and wooded grassland. It is usually on rocky outcrops.

PICTURES



Credit: Food Plants International (Bruce French)

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/5e5a5311-cad4-4e16-91d6-0a9d787708f7