PLANT FACT SHEET

Flagellaria guineensis Schumach.

GENUS *Flagellaria* **FAMILY** Flagellariaceae

COMMON NAMES Guinea flag

EDIBLE PARTS AND USES

Edible parts: Fruit, Seeds

The seeds have been used to make porridge but this needs to be done with caution.

DESCRIPTION

A climbing plant or vine. It has long bamboo like stems. They are 25 mm across. It grows 10 m long. The leaves are alternate and long and narrow. They can be 10-20 cm long by 1-2 cm wide. They have a tendril at the end.

HABITAT

It is a tropical plant. It suits the wet tropics.

REFERENCES

East African Herbarium records, 1981, (As Flagellaria indica)

Ferns, Useful Tropical Plants

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 115

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

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/5f4f5a80-dcb5-47c4-972a-7cd217209328