PLANT FACT SHEET

Heinsia crinita (Afzel.) G. Taylor

GENUS *Heinsia* **FAMILY** Rubiaceae

COMMON NAMES Small false gardenia

EDIBLE PARTS AND USES

Edible parts: Leaves, Fruit, Vegetable

The leaves can be dried and stored. They are eaten in soup. They can be high in oxalates.
The fruit are eaten as a snack.

DESCRIPTION

A shrub or small tree. It grows to 6 m high. The bark is grey to light brown and mottled. It is smooth. The leaves are opposite and simple. They are oval and 2-8 cm long by 1-5 cm wide. They are light green. There are some harsh hairs on top and soft velvety hairs underneath. The leaves taper to both ends. The flowers are white and 3-4 cm across. The flower tube it 3 cm long with spreading lobes. Flowers can be single or a few in a group either in the axils of leaves or at the ends of branches. The fruit is oval and 10 mm long. They are orange when mature. At the top there is the leaf-like remains of the calyx.

HABITAT

A tropical plant. It occurs at low altitudes along the edges of forest in river valleys. It is mostly on sandy soils. In Zimbabwe it grows up to 1,000 m above sea level.

PRODUCTION

Cultivation

Plants can be grown from stem cuttings. It can also be grown by seeds.

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