PLANT FACT SHEET

Alafia lucida Stapf

GENUS *Alafia* **FAMILY** Apocynaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

DESCRIPTION

A vine.

HABITAT

It is a tropical plant.

PRODUCTION

Cultivation

Plants can be grown by seeds or cuttings.

REFERENCES

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 51

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 175

Okigbo, B.N., Vegetables in Tropical Africa, in Opena, R.T. & Kyomo, M.L., 1990, Vegetable Research and development in SADCC countries. Asian Vegetable Research and development Centre. Taiwan. p 38

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6f77177b-8dd4-472e-bb17-dd96e9fc5b15