PLANT FACT SHEET

Grewia tenax (Forsk.) Fiori

GENUS *Grewia* **FAMILY** Malvaceae

COMMON NAMES Small-leaved white raisin

EDIBLE PARTS AND USES

Edible parts: Fruit, Seeds, Vegetable

The ripe fruit are eaten fresh and raw. They are also dried for eating later. They are added to grains in porridge.
A drink is made by soaking the fruit overnight then pressing, sieving and sweetening the juice.
The seeds are edible.

DESCRIPTION

A shrub. It grows up to 2 m tall. Often it lies along the ground. The leaves are small and nearly round. They are 5 cm long. They have 5 main veins. The tip of the leaf is pointed and the edge has teeth. The lower leaf surface has hairs. The flowers are white and occur singly. They are 2 cm across. They are on long slender branches. The fruit are orange red and smooth. They have 1-4 lobes. They are the size of a small maize grain. They are edible.

HABITAT

A tropical plant. It grows in arid zones. It occurs in very dry woodland and semi-desert scrub. It grows on rocky and gravely soils. It grows in the Sahel. It is often near temporary pools. It is in areas with over 200 mm rainfall. It can tolerate salt. In East Africa it grows between sea level and 1,500 m altitude. It can grow in arid places. It grows in the Sahara.

PRODUCTION

Cultivation

Plants can be grown from seeds.

Harvesting and Seed Production

In NW Pakistan fruit are available in August.

NOTES

Chemical composition (Sudan sample): Protein (crude) = 6.3% (dry). Fat = 0.4% (dry). Fibre (crude) = 8.1% (dry). Ash = 4.5% (dry). Carbohydrate (soluble): Starch = 15.1% dry). Sucrose = 1.6% (dry). D-glucose = 21.0% (dry). D-fructose = 24.3% (dry). Amino acids (g [16g N]-1): Aspartic acid = 8.1g. Threonine = 2.1g. Serine = 2.4g. Glutamic acid = 6.2g. Proline = 11.6g. Glycine = 3.5g. Alanine = 2.4g. Valine = 2.8g. Cysteine = 1.0g. Methionine = 0.7g. Isoleucine = 2.0g. Leucine = 3.4g Tyrosine = 2.5g. Phenylalanine = 2.2g. Lysine = 2.0g. Histidine = 1.1g. Arginine = 3.2g. Minerals: Sulphur = 0.10% (dry). Potassium = 0.08% (dry). Magnesium = 0.17% (dry). Calcium =

0.61% (dry). Na = 0.01% (dry). K = 1.45% (dry). Zinc = 21 mg/kg-1 (dry). Iron = 74 mg/kg-1 (dry). Manganese = 10 mg/kg-1 (dry). Copper = 7 mg/kg-1 (dry). There are about 200 Grewia species. They are mostly tropical. The fruit of most may be edible. These were in the Sparrmanniaceae and the Tiliaceae.

REFERENCES

ABDELMUTI,

Addis, G., Asfaw, Z & Woldu, Z., 2013, Ethnobotany of Wild and Semi-wild Edible Plants of Konso Ethnic Community, South Ethiopia. Ethnobotany Research and Applications. 11:121-141

Addis, G., et al, 2013, The Role of Wild and Semi-wild Edible Plants in Household Food Sovereignty in Hamer and Konso Communities, South Ethiopia. Ethnobotany Research & Applications. 11:251-271

Agric. Colon. 5, suppl. 23. 1912

Ahmad, K. & Pieroni, A., 2016, Folk knowledge of wild food plants among the tribal communities of Thakht-e-Sulaiman Hills, North-West Pakistan. Journal of Ethnobiology and Ethnomedicine, 12:17

Al-Fatimi, M. A., Wild Edible Plants Traditionally Collected and Used in Southern Yemen. Research Square. University of Aden. p 19

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 250

Asfaw, Z. and Tadesse, M., 2001, Prospects for Sustainable Use and Development of Wild Food Plants in Ethiopia. Economic Botany, Vol. 55, No. 1, pp. 47-62

Asfaw, A., et al, 2023, Ethnobotanical study of wild edible plants and implications for food security. Trees, Forests and People. 14 (2023) 100453 p 9

Assefa, A. & Abebe, T., 2010, Wild Edible Trees and Shrubs in the Semi-arid Lowlands of Southern Ethiopia. Journal of Science and Development 1 (1) 2010

Bahru, T., et al, 2013, Wild Edible Plants: Sustainable Use and Management by Indigenous Communities in and the Buffer Area of Awah National Park, Ethiopia. Ethiop. J. Sci., 36(2): 93-108

Ballal, M. E., et al, 2014, Ethno-botany of Natural Forests of Nuba Mountains, South Kordofan State, Sudan. Journal of Forest Poducts & Industries. 3(1):13-19

Barrau, J., 1961 (1976 reprint), Subsistence Agriculture in Polynesia and Micronesia. Bernice P. Bishop Museum Bulletin 223, Honolulu, Hawaii, p 63 (As Grewia populifolia)

Bernholt, H. et al, 2009, Plant species richness and diversity in urban and peri-urban gardens of Niamey, Niger. Agroforestry Systems 77:159-179

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 5. Kew.

Dale, I. R. and Greenway, P. J., 1961, Kenya Trees and Shrubs. Nairobi. p 569

Dharani, N., 2002, Field Guide to common Trees & Shrubs of East Africa. Struik. p 238

Dobriyal, M. J. R. & Dobriyal, R., 2014, Non Wood Forest Produce an Option for Ethnic Food and Nutritional Security in India. Int. J. of Usuf. Mngt. 15(1):17-37

Edwards. S., et al, (Eds), 1995, Flora of Ethiopia and Eritrea. Vol.2, Part 2 Canellaceae to Euphorbiaceae. Uppsala, Sweden. p 162

Ethiopia: Famine Food Field Guide. http://www.africa.upenn.edu/faminefood/category3.htm

Exell, A.W. et al, (Ed), 1963, Flora Zambesiaca Vol 2 Part 1 Crown Agents, London. p 59

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 241

FAO, 1988, Traditional Food Plants, FAO Food and Nutrition Paper 42. FAO Rome p 314

Feyssa, D. H., et al, 2011, Seasonal availability an consumption of wild edible plants in semiarid Ethiopia; Implications to food security and climate change adaptation. Journal of Horticulture and Forestry 3(5): 138-149

Flora Somalia Vol. 1, 1993, http://plants.jstor.org

Flora of Pakistan. www.eFloras.org

GAMMIE, (As Grewia populifolia)

Gemedo-Dalle, T., et al, 2005, Plant Biodiversity and Ethnobotany of Borana Pastoralists in Southern Oromia, Ethiopia. Economic Botany 59(1) pp. 43-65

Goode, P., 1989, Edible Plants of Uganda. FAO p 30

Grivetti, L. E., 1980, Agricultural development: present and potential role of edible wild plants. Part 2: Sub-Saharan Africa, Report to the Department of State Agency for International Development. p 41 (As Grewia populifolia)

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 562

Gueye, M., et al, 2014, Wild Fruits Traditionally Gathered by the Malinke Ethnic Group in the Edge of Niokolo Koba Park (Senegal). American Journal of Plant Sciences 5, 1306-1317

GUPTA & KANODIA,

Hahn, K., et al, 2018, The use of wild plants for food: a national scale analysis for Burkina Faso (West Africa). FVSS FoodPlants Supplement

Hassen, A., 2021, Diversity and potential contribution of wild edible plants to sustainable food security in North Wollo, Ethiopia. BIODIVERSITAS, Volume 22, Number 6, June 2021 Pages: 2501-2510

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 334 (As Grewia populifolia)

http://www.fao.org/forestry/25323-096344a3de335832e8f363c3ac5184a66.pdf

Ichikawa, M., 1980, The Utilization of Wild Food Plants by the Suiei Dorobo in Northern Kenya. J. Anthrop. Soc. Nippon. 88(1): 25-48

INFOODS:FAO/INFOODS Databases

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 141

Kebede, A., et al, 2017, An Ethnobotanical Survey of Wild Edible Plants Commercialized in Kefira Market, Dire Dawa City, Eastern Ethiopia. Plant 5(2): 42-46

Khan, D. & Shaukat, S.S., 2006, The Fruits of Pakistan: Diversity, Distribution, Trends of Production and Use. Int. J. Biol. Biotech., 3(3):463-499

Full reference list (38 more) at https://www.echocommunity.org/en/resources/74b06d99-3f98-45d9-b5d5-dcb0076a7ef0

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/74b06d99-3f98-45d9-b5d5-dcb0076a7ef0