PLANT FACT SHEET

Sinningia incarnata (Aubl.) D. L. Denham

GENUS *Sinningia* **FAMILY** Gesneriaceae

EDIBLE PARTS AND USES

Edible parts: Fruit

The fruit is sweet and acid and is eaten.

DESCRIPTION

A herb. It has a woody tuber 8 cm across. The stems are 1 m tall. They are green and can have reddish lines along them. The leaves are opposite and oblong. They are 5-10 cm long by 1-4 cm wide. The fruit capsule is oval and 1 cm long. The fruit are red or purple. They contain many small seeds.

HABITAT

It is a tropical plant.

REFERENCES

Bircher, A. G. & Bircher, W. H., 2000, Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics. AUC Press. p 58 (As Besleria incarnata)

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 808

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/75bf3f1f-5586-46e9-a55d-ba716f021650