PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Adenia digitata (Harvey) Engl.

GENUS *Adenia* **FAMILY** Passifloraceae

COMMON NAMES Wild granadilla, Finger-leaved adenia

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The young leaves are cooked and eaten as a vegetable.
Caution: The fruit and tubers are poisonous.

DESCRIPTION

A climber. It grows from a tuber and can be 3 m tall. The tuber is 10 cm long by 6 cm wide. The stems usually grow annually. The leaf blade is 4-18 cm long by 3-17 cm wide. They are deeply divided. They are greenish-yellow above and more grey underneath. The leaflets vary in shape. The fruit is a capsule. It can be 5 cm long by 4 cm wide and oval. It can contain 20-60 seeds. The seeds are 5-8 mm long by 5 mm wide and 3 mm thick. They are oval.

HABITAT

It is a tropical and subtropical plant. It grows in savannahs and woodlands and can be on sand or clayey soils. It grows between 390-1,800 m above sea level. It can grow in arid places.

NOTES

There are 95 Adenia species. They are common in the semiarid regions of Africa.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/7abe7a3a-e422-445d-91a7-d0b73207f8a1