PLANT FACT SHEET

Heinsia crinita subsp. parviflora (K. Schum. & K. Krause) Verdc.

GENUS *Heinsia* **FAMILY** Rubiaceae

EDIBLE PARTS AND USES

Edible parts: Fruit

DESCRIPTION

A shrub. It grows 3 m tall. It can be climbing. The leaves are oval and opposite. The flowers have a sweet scent. The fruit are oval and are orange when ripe. They are 10-12 mm long.

HABITAT

It is a tropical plant. In Zimbabwe it grows up to 1,100 m above sea level. It grows on sandy soils often near rivers.

PRODUCTION

Harvesting and Seed Production

In Zimbabwe it flowers November to February.

REFERENCES

Kenya Trees, Shrubs, Lianas, 1994, nzdl.org

Pakia, M., 2000, Plant Ecology and Ethnobotany of two sacred forests (Kayas) at the Kenya Coast. M. Sc. Thesis.

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/7c92b4a7-69d0-4718-b810-739a8dc8c5f5