PLANT FACT SHEET

Monechma ciliatum (Jacq.) Milne-Redh.

GENUS *Monechma* **FAMILY** Acanthaceae

COMMON NAMES Black mahlab

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are cooked for their oil.

DESCRIPTION

A herb. It grows each year from seeds.

HABITAT

A tropical plant. It grows in woodland, in savannah and along river banks.

NOTES

It has anti-oxidant properties.

REFERENCES

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

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 45

Mariod, A. A., et al, 2010, Antioxidant activities of phenolic rich fractions (PRFs) obtained from black mahlab (Monechma ciliatum) and white mahlab (Prunus mahaleb) seedcakes. Food Chemistry 118: 120-127

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/7e2807ae-e2d1-4672-9e94-b95c4d2a8e32