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 volkensii Harms

GENUS *Adenia* **FAMILY** Passifloraceae

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves - flavouring

The fruit are eaten cooked.
The leaves are used as a flavouring in relishes and chutneys.
Caution: Fruit and roots can be poisonous.

DESCRIPTION

A herb or small shrub. It is a climber. It grows 1.5 m high. It has a rootstock that can be 5.5 cm across. The leaves can be deeply divided. The flowers are cream.

HABITAT

It is a tropical plant. It grows between 900-1,750 m above sea level. It can grow in arid places. It suits well-drained soil.

PRODUCTION

Cultivation

It can be grown from seeds or cuttings.

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/7fbf5231-d32c-484a-9089-59ef2f4dd995