PLANT FACT SHEET

Mondia whitei (Hook. f.) Skeels

GENUS *Mondia* **FAMILY** Apocynaceae

COMMON NAMES White's ginger

EDIBLE PARTS AND USES

Edible parts: Leaves, Roots, Tuber - drink, Fruit, Vegetable

The roots are used for making ginger beer.
The fleshy bark of the narrow roots is eaten raw and sometimes dried. It tastes hot and bitter at first then sweeter later.
The root can be dried and stored.
The leaves are eaten as a vegetable. They are chopped, dried and then cooked.

DESCRIPTION

A tall climber. It has a large tuberous rootstock. The leaf stalk is about 5 cm long. The leaf blade is 15 cm long by 10 cm wide. It is rounded or heart shaped at the base. There is a frill of teeth at the base of the leaves. The flowering clusters are along the side. They are 15 cm long. They are purple. The fruit are 10 cm long by 3 cm wide. The seeds are flattened and have a tuft of hairs.

HABITAT

A tropical plant. It grows in dry forest in Africa. In Kenya it grows between 1,500-2,000 m altitude. It grows under trees in soil with lots of humus.

PRODUCTION

Cultivation

Plants can be grown from seeds or cuttings of roots or shoots.

Harvesting and Seed Production

The roots are dug up.

NOTES

It is used in medicine. The seeds have been used as an arrow poison.

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