PLANT FACT SHEET

Wrightia tomentosa Roem. and Schult.

GENUS *Wrightia* **FAMILY** Apocynaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Fruit

The leaves are cooked and eaten as a vegetable.
The tender fruit are edible.
The flowers are stir-fried and eaten.

DESCRIPTION

A small tree. The branches have a covering when young. The leaves are 8-15 cm long by 3-7 cm wide. They are narrowly oval. The base is rounded and they taper to the tip. The edges of the leaves are wavy. The flowers are white but turn yellow. The fruit occur as pods and in pairs. The pod(s) are covered with brown specks. The pods are 15-18 cm long by 1.25 cm wide. They are narrow and hang down. The seeds are slender and have a beak. They are 1.25 mm long.

HABITAT

A tropical plant. It grows in the lower Himalayas regions. It grows up to 1,200 m above sea level.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 691

Bole, P.V., & Yaghani, Y., 1985, Field Guide to the Common Trees of India. OUP p 85

Chauhan, S. H., et al, 2018, Consumption patterns of wild edibles by the Vasavas: a case study from Gujarat, India. Journal of Ethnobiology and Ethnomedicine (2018) 14:5

Llamas, K.A., 2003, Tropical Flowering Plants. Timber Press. p 72

Savita, et al, 2006, Studies on wild edible plants of ethnic people in east Sikkim. Asian J. of Bio Sci. (2006) Vol. 1 No. 2 : 117-125

Sharma, B.D., & Lakshminarasimhan, P., 1986, Ethnobotanical Studies on the Tribals of Nasik District (Maharashtra). J. Econ. Tax. Bot. Vol. 8 No. 2 pp 439-446

Singh, H.B., Arora R.K.,1978, Wild edible Plants of India. Indian Council of Agricultural Research, New Delhi. p 38

Syst. veg. 4:414. 1819

Wild edible plants of Himachal Pradesh

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/87587533-6b93-41c8-aaf0-b080dcb101a6