PLANT FACT SHEET

Vitex cuspidata Hiern

GENUS *Vitex* **FAMILY** Lamiaceae

COMMON NAMES Mufuta

EDIBLE PARTS AND USES

Edible parts: Fruit

DESCRIPTION

A tree.

HABITAT

A tropical plant. It suits the seasonally dry tropics.

NOTES

Also put in the family Verbenaceae.

REFERENCES

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 168 (As Vitex kapirensis)

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/903a4b46-9c78-44cb-aad8-7dd76a2f49b9