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.

Commiphora kua (R. Br. ex Royle) Vollesen

GENUS *Commiphora* **FAMILY** Burseraceae

COMMON NAMES Myrrh

EDIBLE PARTS AND USES

Edible parts: Medicine, Stems, Roots - moisture

The roots are chewed when thirsty.

DESCRIPTION

A spiny shrub or small tree. It grows 3-4 m tall. The outer bark peels off in strips. There is a gum resin. The long shoots have spine-tips that taper and are stout. The leaves are simple and on short shoots. They can have 3 different leaflets. These are 10-35 mm long by 5-25 mm wide. They have 5-9 sharp teeth on each side. The flowers are in clusters of 4-6 for male flowers and 1 or 2 for female flowers. The flowers are greenish-yellow. The fruit are 6 mm long by 4.5 mm wide.

HABITAT

It is a tropical plant. It grows between 40-1,300 m above sea level.

PRODUCTION

Cultivation

Plants can be grown by seed or cuttings.

REFERENCES

Mutie, F. M., et al, 2023, Important Medicinal and Food Taxa (Orders and Families) in Kenya, Based on Three Quantitative Approaches. Plants 2023, 12, 1145

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

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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/91d14fde-2051-4036-82e7-bd3260ea0a9b