PLANT FACT SHEET

# *Megaphrynium macrostachyum* (K. Schum.) Milne-Redh.

**GENUS** *Megaphrynium* **FAMILY** Marantaceae

**COMMON NAMES** Yoruba soft cane

## EDIBLE PARTS AND USES

**Edible parts:** Fruit, Stem - fibres, Leaves - button, Vegetable, Seeds

The young leaf button is cooked as a vegetable.
The fruit pulp is eaten raw. The seeds are roasted and eaten.
The stem fibres are burnt as a salt.

## DESCRIPTION

A semi-woody herb. It keeps growing from year to year. It forms clumps with stems 2-4 m high. There is one large leaf 30-60 cm long by 12-30 cm wide. The flowers are on the leaf stalk below the leaf. The flowers are white with purple. The fruit are round and red. The pulp is white. The seed is black.

## HABITAT

It is a tropical plant. It grows in wet places in the forest in West Africa.

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