PLANT FACT SHEET

Carpodiptera africana Mast.

GENUS *Carpodiptera* **FAMILY** Malvaceae

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves, Vegetable

The leaves are used as a vegetable. They are washed, cut and cooked.

DESCRIPTION

A shrub or tree. It is often 1-5 m tall but can be 12 m tall. The young bark is smooth and silvery grey but becomes darker and cracked. The leaves are alternate. They are large and oval. They are 5-25 cm long. When young they have star shaped hairs. The base of the leaf is rounded. The leaf stalk is 1-2 cm long. The veins underneath the leaf are raised. The flowers are small and whit or pink. They have a scent. They occur in large dense bunches. They are in the axils of leaves. The fruit is pale but becomes a dull brown as it ripens. They are papery winged capsules. The wings are unequal and spread sideways up to 5 cm. They have soft hairs. The capsule breaks open to release the seed.

HABITAT

It is a tropical plant. It grows in coastal areas. It is in grassland and dry forest. It is often on coral limestone. It grows from sea level to 100 m above sea level.

PRODUCTION

Harvesting and Seed Production

The leaves are collected during the rainy season.

NOTES

These have also been in the Tiliaceae.

REFERENCES

East African Herbarium records, 1981,

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 560 (As Berrya africana)

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 190

Ruffo, C. K., Birnie, A. & Tengnas, B., 2002, Edible Wild Plants of Tanzania. RELMA p 188

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

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/a085861c-4a5b-4f43-bc7e-c94bcae264b3