PLANT FACT SHEET

Commiphora rostrata Engl.

GENUS *Commiphora* **FAMILY** Burseraceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Bark - tea, Stems - tea, Vegetable

The leaves are eaten raw. They have a bitter taste. They can be cooked with other foods to add flavour. They probably contain oxalates.
The bark and branches are used to make tea.
The bark of young plants is chewed.

DESCRIPTION

A shrub. It grows 3.5 m high. It has a strong smell. A clear sap comes from the stems. The side shoots have a strong spine. The bark is smooth and dark red. The leaves are simple, entire and opposite. They are 1-4 cm long by 1-3 cm wide. Plants are separately male and female. The male flowers are in groups or 8-20 and the female flowers in groups or 1-2. The flowers are dark red. The fruit is narrow and oval and 1.5-2 cm long.

HABITAT

It is a tropical plant. In East Africa it grows in dry open woodland from 80-1,050 m altitude. In Kenya it grows in regions with a rainfall between 200-600 mm per year. It can grow in arid places.

PRODUCTION

Cultivation

Plants can be grown from stem cuttings.

REFERENCES

Bosch, C.H., 2004. Commiphora rostrata Engl. [Internet] Record from Protabase. Grubben, G.J.H. & Denton, O.A. (Editors). PROTA (Plant Resources of Tropical Africa), Wageningen, Netherlands. < http://database.prota.org/search.htm>. Accessed 15 October 2009.

Dale, I. R. and Greenway, P. J., 1961, Kenya Trees and Shrubs. Nairobi. p 91

Ethiopia: Famine Food Field Guide. http://www.africa.upenn.edu/faminefood/category1.htm

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 214

Lulekal, E., et al, 2011, Wild edible plants in Ethiopia: a review on their potential to combat food insecurity. Afrika Focus - Vol. 24, No 2. pp 71-121

Maundu, P. et al, 1999, Traditional Food Plants of Kenya. National Museum of Kenya. 288p

Morgan, W. T. W., 1981, Ethnobotany of the Turkana: Use of plants by a Pastoral People and Their Livestock in Kenya. Economic Botany 35(1):96-130

Mutie, F. G., 2020, Conservation of Wild Food Plants and Their Potential for Combatting Food Insecurity in Kenya as Exemplified by the Drylands of Kitui County. Plants 2020, 9, 1017

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

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 73

Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; http://www.rbgkew.org.uk/ceb/sepasal/internet [Accessed 5th April 2011]

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/a21e3f7a-ef95-4b6e-9885-6737522f00f1