PLANT FACT SHEET

Begonia macrocarpa Warb.

GENUS *Begonia* **FAMILY** Begoniaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are cooked and eaten as an acid substitute for sorrel. It is eaten with fish or meat in stews.

DESCRIPTION

An erect herb. It keeps growing from year to year. It grows 110 cm tall. The stems are succulent and swollen at the nodes. The leaves are alternate and simple. They are 4-15 cm long by 3-6 cm wide. They are heart shaped at the base. The flowering stalks are in the axils of leaves and male and female flowers are separate. The fruit are winged capsules.

HABITAT

It is a tropical plant.

REFERENCES

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 106
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/a4ab3bdf-a77e-4ee7-9f19-297ccdb7cf5f