PLANT FACT SHEET

Edibility uncertain

It has not been confirmed that this plant is safe to eat. Do not eat it on the strength of this fact sheet alone.

Raphionacme procumbens Schltr.

GENUS *Raphionacme* **FAMILY** Apocynaceae

COMMON NAMES Creeping raphio

EDIBLE PARTS AND USES

Edible parts: Fruit, Root

The fruit are eaten as a snack.

DESCRIPTION

A herb. It keeps growing from year to year. It has a flattened round tuber. This can be 15 cm across. The stems are 40 cm long and lie along the ground. They are velvety and brown. The leaves are opposite and narrowly oval. They are 3-6 cm long and leathery. They are dark green and velvety above. They are pale green and more velvety underneath. The flowers occur as many together in rounded heads. The lobes are oval or triangle shaped and 4 mm long by 2 mm wide. They are velvety. They are dark red or violet at the base. The fruit is a single follicle that hangs down. It is oval and 4 cm long. It ends in a point.

HABITAT

It is a tropical plant. It grows in grassland and open woodland. In Zimbabwe it grows between 350-1,900 m above sea level.

NOTES

Also put in the family Asclepiadaceae.

REFERENCES

Long, C., 2005, Swaziland's Flora - siSwati names and Uses http://www.sntc.org.sz/flora/

Ogle & Grivetti, 1985,

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 66

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 27

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/a834525e-ad40-44e4-ba64-2486b30aad5f