PLANT FACT SHEET

Oxygonum sinuatum (Hochst. & Steud. ex Meisn.) Dammer

GENUS *Oxygonum* **FAMILY** Polygonaceae

COMMON NAMES Kindiri, Bamba

EDIBLE PARTS AND USES

Edible parts: Leaves, Fruit, Vegetable

The leaves are cooked and eaten. They are slimy. They are made into a sauce or side dish.
They are also eaten raw for their acid taste. The leaves can be dried and powdered for later use.

DESCRIPTION

A herb. It grows up to 60 cm high. It is a sprawling plant and the lower parts of the stems lie along the ground. The leaves taper at each end. The leaf stalk is expanded to form a tube around the stem. This often has soft bristles at the top. This tube is 0.5 cm long. The leaves can be simple or divided into rounded lobes. The flowers are on a long leafless stem. This can be 30 cm long. The fruit has a sharp point at the top and 3 sharp prickles near the middle.

HABITAT

A tropical plant. It often grows on sandy soils. In Kenya it grows from sea level to 2,400 m altitude. In Uganda it is in areas with an annual rainfall of 1,000-1,600 mm.

PRODUCTION

Cultivation

Plants can be grown by seeds.

Harvesting and Seed Production

Leaves are collected during the rainy season. They can be plucked from the plant or the stem bearing leaves cut.

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