PLANT FACT SHEET

Schouwia purpurea (Forssk.) Schweinf.

GENUS *Schouwia* **FAMILY** Brassicaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are eaten cooked or dried. The young leaves can be eaten in salads. They are also used in soups.

DESCRIPTION

An annual herb. It is erect and grows 1 m tall. The stem becomes woody at the base. There are branches in the upper part. The leaves are simple and alternate. They do not have a leaf stalk and clasp the stem at the base. The leaves are rather fleshy. The leaves are 2-6 cm long by 2-4 cm wide. The leaves become smaller up the plant. The flowers are in a flat topped group. The flowers have both sexes. The fruit is a round pod. It is flattened and has wings. It is 2-4 cm across. It has a beak 1 cm long. It opens with 2 valves. There are many seeds. The seeds are round and 2 mm across.

HABITAT

It is a tropical plant. It appears after rains in the Sahara in West Africa. It can grow in arid places. It is a desert and savannah plant. It grows from sea level to 1,500 m above sea level. It grows in the Sahel.

NOTES

There is only one variable species of Schouwia.

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