PLANT FACT SHEET

Vangueria infausta Burch.

GENUS *Vangueria* **FAMILY** Rubiaceae

COMMON NAMES Small wild medlar, Velvet-leaf vangueria

EDIBLE PARTS AND USES

Edible parts: Fruit, Seeds, Leaves

The ripe fruit are eaten raw. The fruit can be used to make a sauce or a pudding. When sugar is added, the fruit looks and tastes like apple sauce. The fruit can be dried and stored. It is later soaked and cooked.
The seeds are cracked and the kernels extracted and eaten. They are roasted. They are also used as flavouring.
The leaves are cooked as a green vegetable.

DESCRIPTION

A shrub or small deciduous tree. It grows to 3 or 4.5 m tall. It can be 7 m tall. It has a smooth grey trunk. The bark becomes rough with age. The branches are short and stout. They are soft and covered with red hair when young. The leaves are light green and leathery. The leaves are 5-30 cm long and 3.8-18 cm wide. They are often egg-shaped. The tips can be round or blunt and they are densely hairy. The veins are like nets. The flowers are greenish-white or yellow. They are small. They grow in clusters. The fruit are round and 3.8 cm across. They have a shallow crown on top and are covered with a light brown leathery skin. They have 3 seeds inside. Each seed is in a separate compartment.

HABITAT

A tropical plant. It grows in the lowlands and the highlands. It grows on stony and sandy ground. It grows in shady places. It can tolerate frost. It can tolerate drought. It grows between 10-3,333 m above sea level. It can grow in arid places.

PRODUCTION

Cultivation

Plants can be grown from seeds. The fruit are allowed to dry and then soaked in water before planting. Using fertiliser, manure or early irrigation reduces the survival and earl growth of young plants. They are adapted to low fertility and seasonal rainfall.

Harvesting and Seed Production

It grows quickly. Fruit are edible January to April.

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