PLANT FACT SHEET

Combretum racemosum P. Beauv.

GENUS *Combretum* **FAMILY** Combretaceae

COMMON NAMES Christmas rose

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable, Spice, Stems - juice

The leaves are used in sauces and for flavouring.

DESCRIPTION

A straggling shrub. It can be a woody creeper 15 m long.

HABITAT

A tropical plant. It grows in mixed deciduous forest in West Africa. It can be in palm groves. In Nigeria it has been recorded between 850 and 1,360 m above sea level.

NOTES

There are about 255 Combretum species.

REFERENCES

Bongers, F. et al (Eds), Forest Climbing Plants of West Africa: Diversity, Ecology and Management. CABI

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 1. Kew.

Codjia, J. T. C., et al, 2003, Diversity and local valorisation of vegetal edible products in Benin. Cahiers Agricultures 12:1-12

Dalziel, J. M., 1937, The Useful plants of west tropical Africa. Crown Agents for the Colonies London.

Dansi, A., et al, 2008, Traditional leafy vegetables and their use in the Benin Republic. Genet Resour Crop Evol (2008) 55:1239–1256

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 560

Harris, D. J., 2002, The vascular plants of the Dzanga-Sangha Reserve, Central African Republic. National Botanic Garden of Belgium, 2002. – 274 pages p 69

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 69

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 183

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 86

Seidemann J., 2005, World Spice Plants. Economic Usage, Botany, Taxonomy. Springer. p 115

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/af658196-b606-42e2-bb9c-89fba62d0a49