PLANT FACT SHEET

Ventilago denticulata Willd.

GENUS *Ventilago* **FAMILY** Rhamnaceae

EDIBLE PARTS AND USES

Edible parts: Seeds - oil, Seeds, Root

The seeds yield a fatty oil used for cooking.
The seeds are also cooked and eaten.

DESCRIPTION

A woody climber or shrub. The stems are ribbed. The branches have fine hairs. The leaves are narrowly oval and 4-13 cm long by 3-6 cm wide. They taper to the tip. There are rounded teeth along the edge. The young leaves are hairy. The fruit are about 2.5 cm long. The nut is 5-6 mm across and the lower half is enclosed in a cup. It has wings.

HABITAT

It grows in the tropics. It grows up to 400 m above sea level.

NOTES

There are 30-40 Ventilago species.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 670

Dey, A. & Mukhererjee, A., 2015, Living and Survival Amidst Hunger: Wild Edible Botanicals as a Prime Forest Productivity in the Rural Purulia District, West Bengal, India from Colonial to Present. Research Journal of Forestry 9(3): 71-86 (As Ventilago calyculata)

Ges. Naturf. Freunde Berlin Neue Schriften 3:417. 1801

Kahlon, L. K. & Singh, R., 2019, Traditional knowledge & Dynamics of edible plants of primitive tribal group 'Paudi Bhuyan' with changing demography migration patterns in Northern Odisha. Indian Journal of Traditional Knowledge Vol 18(1), pp 7-15

Pandy, R. K. & Saini, S. K., 2007, Edible plants of tropical forests among tribal communities of Madhya Pradesh. Indian Journal of Traditional Knowledge. 6(1), pp 185-190

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/afd859da-b52a-4a0e-a0ea-b50694bac1f1