PLANT FACT SHEET

Rourea orientalis Baill.

GENUS *Rourea* **FAMILY** Connaraceae

COMMON NAMES Short-pod

EDIBLE PARTS AND USES

Edible parts: Leaves, Roots, Tubers, Vegetable

The dried leaves are cooked and eaten as a vegetable. They are dried in the sun, pounded and sieved and the powder put into hot water and stirred and boiled to make a thick vegetable paste that is then eaten with other foods.
Caution: Often when leaves are dried this removes a poison.

DESCRIPTION

A climbing shrub. It loses its leaves during the year. It grows 6 m high or higher. It can lie along the ground. There are 8-16 pairs of leaflets. They are 2-4 cm long by 1-2 cm wide. The flowering stalk is 6 cm long. The flowers have a sweet lemon scent. The petals are white to yellow. The fruit is a follicle. It is reddish-brown. It is 2 cm long by 1 cm wide. The seed is 1.6 cm long by 0.8 cm wide. It has a bright red layer around it.

HABITAT

It is a tropical plant. It grows in dry thickets and forests. It grows between 200-1,600 m altitude. It grows on termite mounds.

PRODUCTION

Cultivation

Plants can be grown by seeds or cuttings.

Harvesting and Seed Production

In Tanzania the leaves are collected from November to June. The powdered form can be stored for several months.

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