PLANT FACT SHEET

Edibility uncertain
It has not been confirmed that this plant is safe to eat. Do not eat it on the strength of this fact sheet alone.

Gongronemopsis latifolia (Benth.) S. Reuss, Liede & Meve

GENUS *Gongronemopsis* **FAMILY** Apocynaceae

COMMON NAMES Bush buck

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable, Spice, Fruit

The leaves are used in soup and used in salads. They are used to flavour meat.
The fresh leaves are bitter but less so if dried.

DESCRIPTION

A small woody climber or vine. It has white sap. It has a tuberous base. It grows 2-5 m tall. The stems are hollow and the roots are fleshy. The leaves are broadly oval with a heart shaped base. The flowers are small and yellowish-green.
The fruit are green and turn yellow when ripe.

HABITAT

It is a tropical plant. It grows in deciduous and secondary forests in West Africa. It is often along river banks. It suits the seasonally dry tropics. It has been recorded at 788 m above sea level.

PRODUCTION

Cultivation

Plants can be grown from stem cuttings. They can also be grown from seed. Seeds germinate in about 6 days.

Harvesting and Seed Production

In Central African Republic it flowers in March and fruits in November.

NOTES

There are 5 Gongronema species. They are in Africa.
It has also been put in the family Asclepiadaceae.

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