PLANT FACT SHEET

Vangueria schumanniana (Robyns) Lantz

GENUS *Vangueria* **FAMILY** Rubiaceae

COMMON NAMES Mtogotogo

EDIBLE PARTS AND USES

Edible parts: Fruit

The ripe fruit are eaten and are sweet. The seeds are discarded.
The stems are smoked and used to flavour milk.

DESCRIPTION

A narrow shrub. It has many branches. It grows 3-4 m tall. The main branches extend upwards There are many small side branches. The leaves are light green and hairy. The flowers are cream. The fruit are 1.5 cm across. They are soft and green and turn brown when ripe. There are 2 subspecies.

HABITAT

It is a tropical plant. In Kenya it grow in wooded grassland between 1,000-2,000 m altitude. It grows on sandy and red soils. It grows in areas with rainfall between 500-700 mm per year.

REFERENCES

Maundu, P. et al, 1999, Traditional Food Plants of Kenya. National Museum of Kenya. 288p (As Pachystigma schumannianum)

Mutie, F. G., 2020, Conservation of Wild Food Plants and Their Potential for Combatting Food Insecurity in Kenya as Exemplified by the Drylands of Kitui County. Plants 2020, 9, 1017

Mutie, F. M., et al, 2023, Important Medicinal and Food Taxa (Orders and Families) in Kenya, Based on Three Quantitative Approaches. Plants 2023, 12, 1145

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/b2f0aab9-6b83-419e-bec6-710fd4849f4f