PLANT FACT SHEET

Erythrococca menyharthii (Pax) Prain

GENUS *Erythrococca* **FAMILY** Euphorbiaceae

COMMON NAMES Northern red-berry

EDIBLE PARTS AND USES

Edible parts: Leaves, Fruit, Vegetable

The leaves are eaten as a green vegetable. They are also added to soups.
The fruit are eaten fresh.

DESCRIPTION

A straggly shrub. It grows 1-3 m high. It has a lose open crown. The bark is pale grey, smooth and flaking. The wood is soft. Young growth has soft hairs. The leaf blades are 2-10 cm long by 1-6 cm wide. They are oval or sword shaped. The male flower clusters are 1-5 cm long. The female flower clusters are 1-3 cm long. The fruit are 4 mm long by 9 mm wide. It can have 3 lobes. They are red when ripe. The seeds are 3-4 mm across.

HABITAT

It is a tropical plant. It grows in sandy soils and Kalahari sands. It grows 300-1,050 m altitude. It can grow in arid places.

REFERENCES

Flora Zambesiaca. http://apps.kew.org/efloras

Fowler, D. G., 2007, Zambian Plants: Their Vernacular Names and Uses. Kew. p 25

Fox, F. W. & Young, M. E. N., 1982, Food from the Veld. Delta Books. p 197

Grivetti, L. E., 1980, Agricultural development: present and potential role of edible wild plants. Part 2: Sub-Saharan Africa, Report to the Department of State Agency for International Development. p 70

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 299

Long, C., 2005, Swaziland's Flora - siSwati names and Uses http://www.sntc.org.sz/flora/

Magwede, K., van Wyk, B.-E., & van Wyk, A. E., 2019, An inventory of Vhavenda useful plants. South African Journal of Botany 122 (2019) 57–89

Mannheimer, C. A. & Curtis. B.A. (eds), 2009, Le Roux and Muller's Field Guide to the Trees and Shrubs of Namibia. Windhoek: Macmillan Education Namibia. p 258

Matlhare, T., et al, Vegetables in Botswana. p 21 Bioversity website.

Okigbo, B.N., Vegetables in Tropical Africa, in Opena, R.T. & Kyomo, M.L., 1990, Vegetable Research and development in SADCC countries. Asian Vegetable Research and development Centre. Taiwan. p 38

Oyen, L.P.A., 2008. Erythrococca bongensis Pax. [Internet] Record from Protabase. Schmelzer, G.H. & Gurib-Fakim, A. (Editors). PROTA (Plant Resources of Tropical Africa), Wageningen, Netherlands. < http://database.prota.org/search.htm>. Accessed 16 October 2009.

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 110

Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; http://www.rbgkew.org.uk/ceb/sepasal/internet [Accessed 16th April 2011]

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 54

Schmidt, E., Lotter, M., & McCleland, W., 2007, Trees and shrubs of Mpumalanga and Kruger National Park. Jacana Media p 278

Scudder, 1971,

Swaziland's Flora Database http://www.sntc.org.sz/flora

Welcome, A. K. & Van Wyk, B.-E., 2019, An inventory and analysis of the food plants of southern Africa. South African Journal of Botany 122 (2019) 136–179

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/b545b3f9-c930-4a76-9746-8a56e4635c58