



PLANT FACT SHEET

Agelaea pentagyna (Lam.) Baill.

GENUS *Agelaea* FAMILY Connaraceae

EDIBLE PARTS AND USES

Edible parts: Fruit, Flowers, Leaves, Sap - drink

The leaves are cooked and eaten as a vegetable.

DESCRIPTION

A woody creeper. It climbs 25 m high. The stems are square in cross section and 15 cm across. The leaves are compound with a larger leaflet at the end. The flowers are at the end of the plant and 30 cm long. The flowers have a sweet scent. The petals are white. The fruit have 1-3 follicles. These are 1.6 cm long by 0.9 cm wide. They are reddish brown and have a dense covering. The seeds are purplish-black and shiny. They are 1.1 cm long by 0.7 cm wide. There is an orange layer around the seeds. It is fleshy.

HABITAT

It is a tropical plant. It grows in mountain rainforest. It is often along river banks. It suits humid locations. In Malawi it occurs from 700-1,900 m altitude.

NOTES

There are 8 *Agelaea* species. They are tropical.

REFERENCES

- Billong Fils, P. E., et al, 2020, Ethnobotanical survey of wild edible plants used by Baka people in southeastern Cameroon. Journal of Ethnobiology and Ethnomedicine. 16:64 p 7
- Chapman, J. D. & Chapman, H. M., 2001, The Forest Flora of Taraba and Andamawa States, Nigeria. WWF & University of Canterbury. p 172
- East African Herbarium records, 1981,
- Flora Zambesiaca. <http://apps.kew.org/efloras> (As *Agelaea heterophylla*)
- Fowler, D. G., 2007, *Zambian Plants: Their Vernacular Names and Uses*. Kew. p 79
- Harris, D. J., 2002, The vascular plants of the Dzanga-Sangha Reserve, Central African Republic. National Botanic Garden of Belgium, 2002. - 274 pages p 71
- Heywood, V.H., Brummitt, R.K., Culham, A., and Seberg, O. 2007, Flowering Plant Families of the World. Royal Botanical Gardens, Kew. p 108 (As *Agelaea hirsuta*)
- Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2, p 51 (As *Agelaea hirsuta*)
- Latham, P. & Mbuta, A. K., 2017, Plants of Kongo Central Province, Democratic Republic of Congo. Volume 1. 3rd ed p 29
- Malaisse, F., 1997, Se nourrir en forêt claire africaine. Approche écologique et nutritionnelle. CTA., p 57
- Malaisse, F., 2010, How to live and survive in Zambezian open forest (Miombo Ecoregion). Les Presses Agronomiques de Gembloux.
- Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 186 (As *Agelaea hirsuta*)
- Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 93
- White, F., Dowsett-Lemaire, F. and Chapman, J. D., 2001, Evergreen Forest Flora of Malawi. Kew. p 208
- 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/b5f82da2-2682-4ae8-81f1-e7e58a8796a9>