PLANT FACT SHEET

Cleome hirta (Klotzsch) Oliv.

GENUS *Cleome* **FAMILY** Cleomaceae

COMMON NAMES Pretty lady, Spider flower, Sticky purple cleome

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Vegetable

The leaves are eaten cooked. They are collected, wilted, chopped and boiled and mixed with other vegetables.

DESCRIPTION

A small herb. It grows 1 m high. The branches have lines along them. They are hairy. The leaves have 5-9 small leaflets. It is sticky to the touch. The leaflets are 1-5 cm long by 0.1-0.5 cm wide. They are narrow and sword shaped. They are wedge shaped at the base. The flower are at the top. The petals are pink or purple. The fruit is a capsule 16 cm long by 0.4 cm wide. The seeds are about 2 mm across.

HABITAT

A tropical plant. It grows in the lowlands. It grows in the grassy savannah and swamps in West Africa. It is in lower rainfall areas. It grows in areas with a rainfall between 150-750 mm per year. It grows from sea level to 1,800 m above sea level. It needs well-drained soils. It can grow in arid places.

PRODUCTION

Cultivation

It can be grown from seeds.

Harvesting and Seed Production

The young shoots are collected during the early rains.

NOTES

There are about 150 Cleome species. It has also been put in the family Capparaceae and Brassicaceae.

REFERENCES

Agea, J. G., et al 2011, Wild and Semi-wild Food Plants of Bunyoro-Kitara Kingdom of Uganda: etc. Environmental Research Journal 5(2) 74-86

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 1. Kew.

East African Herbarium records, 1981,

Fl. trop. Afr. 1:81. 1868

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

Fowler, D. G., 2007, Zambian Plants: Their Vernacular Names and Uses. Kew. p 16

Godfrey, J. et al, 2013, Harvesting, preparationand preservation of commonly consumed wild and semi-wild food plants in Bunyoro-Kitara Kingdom, Uganda. Int. J. Med. Arom. Plants. Vol.3 No.2 pp 262-282

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 49

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 195

Heywood, V.H., Brummitt, R.K., Culham, A., and Seberg, O. 2007, Flowering Plant Families of the World. Royal Botanical Gardens, Kew. p 101

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 67

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

Malaisse, F., 1997, Se nourrir en floret claire africaine. Approche ecologique et nutritionnelle. CTA., p 59

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 181

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 181 (As Polanisia hirta)

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

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

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 77

Pickering, H., & Roe, E., 2009, Wild Flowers of the Victoria Falls Area. Helen Pickering, London. p 48

Reis, S. V. and Lipp, F. L., 1982, New Plant Sources for Drugs and Foods from the New York Botanical Garden herbarium. Harvard. p 91

Roodt, V., 1998, Common Wild Flowers of the Okavango Delta. Medicinal Uses and Nutritional value. The Shell Field Guide Series: Part 2. Shell Botswana. p 61

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 7th April 2011]

Ruffo, C. K., Birnie, A. & Tengnas, B., 2002, Edible Wild Plants of Tanzania. RELMA p 202

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 44

Vernon, R., 1983, Field Guide to Important Arable Weeds of Zambia. Dept of Agriculture, Chilanga, Zambia. p 36

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/b8b482dd-1f99-4caa-80d4-41e0745348f3