PLANT FACT SHEET

Pseudospondias microcarpa (A. Rich.) Engl.

GENUS *Pseudospondias* **FAMILY** Anacardiaceae

COMMON NAMES African grape tree

EDIBLE PARTS AND USES

Edible parts: Leaves, Fruit

The fruit is eaten raw.

DESCRIPTION

A large spreading tree. It grows 10-14 m tall. It can be 35 m tall. The trunk is short and can be 2 m across. It has buttresses. The trunk is irregular and twisted with branches near the base. The bark is smooth and thin when young. It becomes yellow-grey and rough when old. It flakes off in large pieces. The leaves have an odd number of leaflets along the stalk. The stalk can be 30 cm long. There are 2-8 pairs of leaflets plus one extra. Each leaflet is stalked. The leaflets are rather stiff and oval. They are 5-20 cm long. The base of the leaflets is unequal. The tip is pointed. The leaflets are darker above than below. The flowers are in loose heads. These are 10-32 cm long. They occur beside the leaves. The flower stalks are dull red brown. The flowers are very small and white. The fruit is a soft fruit with a kernel in a stone. The flesh is edible. The fruit are blue-black and 2.5 cm across. The stone is four sided and contains seeds.

HABITAT

A tropical plant. It grows in the lowlands. It occurs on lake shores and rain-forest edges and in swampy areas in tropical forests. It is common in Africa. In Tanzania it grows between 900-1,700 m above sea level. It grows in areas with a rainfall between 1,200-2,100 mm.

PRODUCTION

Cultivation

Plants are grown from seed. The seed should have a small cut made in the hard layer or should be soaked in cold water for 12 hours before planting. The seed can be stored for 5 months after drying the whole fruit. It can be topped or pruned.

Harvesting and Seed Production

The plant is fast growing. Fruit mature in 90-120 days. In is collected during the rainy season.

REFERENCES

Ambe, G., 2001, Les fruits sauvages comestibles des savanes guinéennes de Côte-d'Ivoire : état de la connaissance par une population locale, les Malinké. Biotechnol. Agron. Soc. Environ. 5(1), 43-48

Bojang, L., 1999, Non-wood Forest Products in The Gambia. EC-FAO Partnership Programme.

Dalziel, J. M., 1937, The Useful plants of west tropical Africa. Crown Agents for the Colonies London.

Djihounouck, Y., et al, 2018, Diversité Et Importance Socio-Economique Des Espèces Fruitières Sauvages Comestibles En Zone Kasa (Sud-Ouest Du Sénégal). European Scientific Journal December 2018 edition Vol.14, No.36 ISSN: 1857 – 7881

Djihounouck, Y., et al, 2021, Ethnobotanical Uses of Non-cultivated Edible Fruit Species in the Department of Oussouye (South Senegal). Journal of Food Research; Vol. 10, No. 4 p 22

Harris, D. J., 2002, The vascular plants of the Dzanga-Sangha Reserve, Central African Republic. National Botanic Garden of Belgium, 2002. – 274 pages p 40

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 530

Herzog, F. et al, 1994, Composition and consumption of gathered wild fruits in the V-Baoule, Cote D'Ivoire. Ecology of Food and Nutrition Vol. 32, pp. 181-196

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 96, 157

Katende, A.B., Birnie, A & Tengnas B., 1995, Useful Trees and Shrubs for Uganda. Identification, Propagation and Management for Agricultural and Pastoral Communities. Technical handbook No 10. Regional Soil Conservation Unit, Nairobi, Kenya. p 518

Keay, R.W.J., 1989, Trees of Nigeria. Clarendon Press, Oxford. p 367

Latham, P., 2004, Useful Plants of Bas-Congo province. Salvation Army & DFID p 226

liberianfaunaflora.org Plant Atlas

Lovett, J. C. et al, Field Guide to the Moist Forest Trees of Tanzania. p 10

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 174, 217

Martin, F. W., et al, 1987, Perennial Edible Fruits of the Tropics. USDA Handbook 642 p 14

Mawunu, M., et al, 2022, Ethnobotanical uses of wild edible plants of Mucuba municipality, Angola. Natural Resources for Human Health. 2022, 0:1-10

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, 46

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 50

Raponda-Walker, A & Sillans, R., 1961, Les Plantes Utiles du Gabon. Editions Paul Lechevalier, Paris. p 60

Ruffo, C. K., Birnie, A. & Tengnas, B., 2002, Edible Wild Plants of Tanzania. RELMA p 546

Savill, P. S. & Fox, J. E. D., Trees of Sierra Leone. p 37

Sukarya, D. G., (Ed.) 2013, 3,500 Plant Species of the Botanic Gardens of Indonesia. LIPI p 476

Tanno, T., 1981, Plant Utilization of the Mbuti Pygmies: With Special reference to their Material Culture and Use of Wild Vegetable Foods. Kyoto University Research. African Study Monographs 1:1-53

Terashima, H., et al, 1992, Ethnobotany of the Lega in the Tropical Rainforest of Eastern Zaire (Congo): Part Two, Zone de Walikale, African Study Monographs, Suppl. 19:1-60

Terashima, H., & Ichikawa, M., 2003, A comparative ethnobotany of the Mbuti and Efe hunter-gatherers in the Ituri Forest, Democratic Republic of Congo. African Study Monographs, 24 (1, 2): 1-168, March 2003

Termote, C., et al, 2011, Eating from the wild: Turumbu, Mbole and Bali traditional knowledge of non-cultivated edible plants, District Tshopo, DRCongo, Gen Resourc Crop Evol. 58:585-618

Tugume, P. & Nyakoojo, C., 2020, Traditional use of wild edible plants in the communities adjacent to Mabira Central Forest Reserve, Uganda. Ethnobotany Research & Applications 20:15 (2020)

Vascular Plants of Korup National Park. korupplants.myspecies.info

Vivien, J., & Faure, J.J., 1996, Fruitiers Sauvages d'Afrique. Especes du Cameroun. CTA p 27

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/b97b11bf-2427-4539-bd66-57d78ba15d41