PLANT FACT SHEET

Ancylobothrys petersiana (Klotzsch) Pierre

GENUS *Ancylobothrys* **FAMILY** Apocynaceae

COMMON NAMES Mbohoya, Mwungo-wungo

EDIBLE PARTS AND USES

Edible parts: Fruit

The pulp of the fruit is edible. It is an attractive fruit.
A drink is made by soaking the fruit is water and then squeezing an filtering the juice. This is sweetened with sugar. This is also frozen and eaten as iced blocks.
The skin is removed from unripe fruit but not from ripe fruit. The fruit is eaten ripe or nearly ripe.

DESCRIPTION

A climbing shrub. It grows over trees and bushes. It grows 6 m or more high. It has branched tendrils. The young branches are grey or brown. Young branches have rusty hairs. The leaves are hairy and opposite. They are simple and sword shape or oblong with a few hairs on both surfaces. The leaves are leathery. They are more pale underneath. The leaf blade is 5-12 cm long by 2-5 cm wide. They are narrowly oval. The flowers are 15 mm long and white or cream. They have a sweet scent. The fruit are round and 5 cm across. They are yellow or orange when ripe. The flesh is pulpy. It is edible. They have several seeds in a soft pulp.

HABITAT

It is a tropical plant. It grows in the lowlands. It grows in dune scrub and on rocky hillsides. In Tanzania it grows between sea level and 400 m above sea level.

PRODUCTION

Cultivation

Plants can be grown from seeds. It can also be grown from root suckers.

Harvesting and Seed Production

Fruit in Tanzania are collected in April to June and then November and December. Fruit can be stored for about 2 weeks.

REFERENCES

Bruschi, P., et al, 2014, Traditional use of plants in a rural community of Mozambique and possible links with Miombo degradation and harvesting sustainability. Journal of Ethnobiology and Ethnomedicine. 2014, 10:59 (As Ancylobotrys)

Cunningham, 1985,

CROSS-UPCOTT (As Landolphia petersiana)

Flora Somalia, 2006, Vol. 3

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

Fowler, D. G., 2007, Zambian Plants: Their Vernacular Names and Uses. Kew. p 9

Fox, F. W. & Young, M. E. N., 1982, Food from the Veld. Delta Books. p 91

Global Plants JSTOR

Glover et al, 1969,

INFOODS:FAO/INFOODS Databases

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 144 (As Landolphia petersiana)

Msuya, T. S., et al, 2010, Availability, Preference and Consumption of Indigenous Foods in the Eastern Arc Mountains, Tanzania, Ecology of Food and Nutrition, 49:3, 208-227

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

Pakia, M., 2000, Plant Ecology and Ethnobotany of two sacred forests (Kayas) at the Kenya Coast. M. Sc. Thesis.

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 57

Reis, S. V. and Lipp, F. L., 1982, New Plant Sources for Drugs and Foods from the New York Botanical Garden herbarium. Harvard. p 242 (As Landolphia petersiana)

Ruffo, C. K., Birnie, A. & Tengnas, B., 2002, Edible Wild Plants of Tanzania. RELMA p 130

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 20

van Wyk, Be, & Gericke, N., 2007, People's plants. A Guide to Useful Plants of Southern Africa. Briza. p 34

Walsh, M., 2009, The Use of Wild and Cultivated Plants as famine Foods on Pemba Island, Zanzibar. Études océan Indien. 42-43

Wehmeyer, A. S, 1986, Edible Wild Plants of Southern Africa. Data on the Nutrient Contents of over 300 species. (As Landolphia petersiana)

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

Williamson, J., 2005, Useful Plants of Malawi. 3rd. Edition. Mdadzi Book Trust. p 150 (As Landolphia petersiana)

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

Yamada, T., 1999, A report of the Ethnobotany of the Nyindu in the Eastern part of the former Zaire. African Study Monographs 20(1):1-72

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/b9d468ac-d08c-4c81-a796-39eb9bcad49c