PLANT FACT SHEET

Solanum tarderemotum Bitter

GENUS *Solanum* **FAMILY** Solanaceae

COMMON NAMES African black nightshade

EDIBLE PARTS AND USES

Edible parts: Leaves, Fruit, Vegetable

The leaves and young shoots are cooked and eaten. The leaves are sometimes cooked in milk and left overnight to reduce bitterness.
Children eat the ripe fruit of green fruited types raw.

DESCRIPTION

A herb. It can grow for one or a few years. It grows 1.5 m tall. The branches spread widely. The leaves are simple and usually arranged in spirals. They are wedge shaped at the base and this extends along the leaf stalk. The leaves are 10 cm long by 6 cm wide. There are 7-12 flowers in a group. The flowers have both sexes. The fruit are round berries 4-6 mm across. Fruit can be pale green or purple. They have many seeds. The seeds are 1.5 mm long.

HABITAT

It is a tropical plant. It grows in a wide range of habitats from sea level to 3,000 m above sea levels.

PRODUCTION

Cultivation

Plants can be grown from seeds. The seeds are very small so are mixed with sand before sowing. Seeds are often sown in nurseries and transplanted. They are transplanted when 10-15 cm high. A spacing of 20 cm is suitable.

Harvesting and Seed Production

Young shoots are harvested 5-6 weeks after sowing. They can then be harvested each 1-2 weeks for the next 8-12 weeks.

REFERENCES

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 498

Lulekal, E., et al, 2011, Wild edible plants in Ethiopia: a review on their potential to combat food insecurity. Afrika Focus - Vol. 24, No 2. pp 71-121

NYBG Herbarium "edible"

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/be4aed15-4105-4f89-8c9c-6fa7272f71d5