PLANT FACT SHEET

Morisonia retusa (Griseb.) Christenh. & Byng

GENUS *Morisonia* **FAMILY** Capparaceae

COMMON NAMES Sacha bean

EDIBLE PARTS AND USES

Edible parts: Fruit, Seeds

The fruit are very bitter. The fruits either fresh or dried are boiled and the water changed before boiling again then eaten with fish. They are baked before drying but then still boiled.

DESCRIPTION

A shrub. The leaves are broadly oval. The pods are enlarged around the seeds. The pods can be red inside with pale green seeds.

HABITAT

It is a subtropical plant.

REFERENCES

Arenas, P. and Scarpa, G. F., 2006, Edible wild plants of the Chorote Indians, Gran Chaco, Argentina. Botanical Journal of the Linnean Society. Vol. 153 (1): pp 73-85 (As Capparis retusa)

Polini, G., et al, Useful and edible plants of Paraguay Region of Chaco. p 54 (As Capparis retusa)

Scarpa, G. F., 2009, Wild food plants used by the indigenous peoples of South American Gran Chaco: A general synopsis and intercultural comparison. Journal of Applied Botany and Food Quality 83:90-101 (As Capparis retusa)

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/bea84c74-f640-43d8-a25f-e65ddf6256cb