PLANT FACT SHEET

Helinus integrifolius (Lam.) Kuntze

GENUS *Helinus* **FAMILY** Rhamnaceae

COMMON NAMES Soap creeper

EDIBLE PARTS AND USES

Edible parts: Fruit

The fruit are eaten raw.

DESCRIPTION

A climbing shrub. It grows 6 m tall. It has coiled tendrils. The leaves are 2-4 cm long. They are broadly oval or round. There are hairs underneath. The flowers are in groups in the axils of leaves. The fruit is an oval capsule. The seeds are 3 angled. The seed coat is shiny black.

HABITAT

It is a tropical plant. It grows in savanna woodland and in rocky places. It grows in sandy and loam soils. It grows from sea level to 1,980 m above sea level. It can tolerate shade. It can grow in arid places.

REFERENCES

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

Fowler, D. G., 2007, Zambian Plants: Their Vernacular Names and Uses. Kew. p 53

Fox, F. W. & Young, M. E. N., 1982, Food from the Veld. Delta Books. p 316

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

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 6th June 2011]

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 94

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/c1fb3a7c-ef80-473d-80c1-2d66c46547af