PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Strychnos henningsii Gilg.

GENUS *Strychnos* **FAMILY** Loganiaceae

EDIBLE PARTS AND USES

Edible parts: Roots, Stems, Bark, Leaves - flavouring, Fruit - flavouring

The roots and stems are used in soups. They are boiled and sieved and added in small amounts to bone soup. The fruit are used for flavouring beer. They fruit themselves are not eaten.
Caution: It needs to be carefully prepared.

DESCRIPTION

A shrub or small tree. It has many branches. It grows 3-6 m tall. The leaves are glossy and opposite. It has 3 prominent veins. The leaves are oval. The flowers are pink and in groups in the axils of leaves. The fruit are 2 cm long. They are green and turn red when ripe.

HABITAT

It is a tropical plant. It grows in dry forests. In Kenya it grows from sea level to 2,300 m altitude. It can grow in rocky soils and dry places. It can grow in arid places.

PRODUCTION

Cultivation

It can be cut back and will re-grow.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/d3bacee5-f478-4ec2-85ed-0b012d9d46cd