PLANT FACT SHEET

Triplochiton zambesiacus Milne-Redh.,

GENUS *Triplochiton* **FAMILY** Malvaceae

COMMON NAMES Wine-cup

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are cooked and eaten.

DESCRIPTION

A large spreading tree. It grows to 18 m high. The trunk is short. The crown has dense foliage. The bark is light grey and flaking. These whiter patches give a mottled appearance. The leaves are alternate and simple. They have five lobes like fingers on a hand. There are 5-9 lobes. The leaves are almost round. They are 17 cm long by 20 cm wide. The base of the leaf is square or lobed. The leaf stalk is 5-7 cm long. The flowers are white or yellow. They have a deep red centre. They are about 5-7 cm across. The flowers are open only in the morning. The fruit are made up of 4-5 carpels. Each has a stiff wing like a membrane. They look like a moth's wing. The leaves are edible.

HABITAT

A tropical plant. It grows along river banks and on flood plains. It also grows on termite mounds.

PRODUCTION

Cultivation

Plants can be grown by seeds. It can also be grown by stem cuttings.

NOTES

Also as Sterculiaceae and Helicteraceae.

REFERENCES

Fowler, D. G., 2007, Zambian Plants: Their Vernacular Names and Uses. Kew. p 46

Grivetti, L. E., 1980, Agricultural development: present and potential role of edible wild plants. Part 2: Sub-Saharan Africa, Report to the Department of State Agency for International Development. p 71

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 535

Palgrave, K.C., 1996, Trees of Southern Africa. Struik Publishers. p 593

Palmer & Pitman, 1972,

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 189

Scudder, 1962, 1971,

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/d49c26c4-d318-4c19-860e-ca6dcb073547