PLANT FACT SHEET

Cochlospermum tinctorium Perr. ex A. Rich.

GENUS *Cochlospermum* **FAMILY** Bixaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Rhizome, Unripe capsules

The entire immature fruit are eaten to quench thirst.
They are used for sauce.
The root is cooked as a vegetable.

DESCRIPTION

A small shrub. It grows 80 cm high. It has a woody underground rootstock and this produces annual shoots. The leaves are alternate and have lobes arranged like fingers on a hand. The leaves are 2-12 cm long by 2-16 cm wide. The flowers can occur in groups at ground level. They are golden yellow.

HABITAT

A tropical plant. It can grow in arid places. It grows in the dry savannah.

NOTES

There are about 20 Cochlospermum species.
It is commonly used in medicine.
Also put in the family Cochlospermaceae.

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