PLANT FACT SHEET

Vitex madiensis subsp. milanjiensis Oliv. (Britten) Pieper

GENUS *Vitex* **FAMILY** Lamiaceae

COMMON NAMES Rough finger-leaf

EDIBLE PARTS AND USES

Edible parts: Fruit

The ripe fruit are eaten and the seeds discarded.

DESCRIPTION

A shrub. It grows 1.5 m high. It has a large underground rootstock. It can be a tree 7 m high. There are 3-5 leaflets. They are narrowly oval and narrow to a short tip. The leaves have a smell when crushed. The flowers are in loose heads beside the leaves. The stalks are 4-12 cm long. There are many very small flowers.

HABITAT

It is a tropical plant. It grows between 1,000-1,540 m above sea level. It can grow on sand and dunes.

PRODUCTION

Cultivation

Plants can be grown by seeds.

Harvesting and Seed Production

In Tanzania the fruit are collected from March to July.

NOTES

It is a rich source of Vitamin C. Also put in the family Verbenaceae.

REFERENCES

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

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