PLANT FACT SHEET

Blighia unijugata Baker

GENUS *Blighia* **FAMILY** Sapindaceae

COMMON NAMES Blighia, Triangle tops

EDIBLE PARTS AND USES

Edible parts: Seeds, Fruit, Leaves

The leaves are cooked and eaten as a vegetable.

DESCRIPTION

A tree. It can be 17-30 m tall. It grows taller in tropical places. The trunk is grey often with a red tinge. The branches are grooved and hairy and droop. The leaves are dark green. The leaves have 1-5 pairs of leaflets. These are almost opposite. They are oblong with a drawn out point. They are 4-15 cm long. The young leaflets are pink. The flowers are white and in the axils of leaves. They are in clusters 8 cm long. The fruit is a capsule are triangular in shape. These are 2.5 cm wide. They are pink and leathery. They become hard with age and split open. They are bright crimson inside with shiny black seeds. These are 1.3 cm long. The seeds are edible.

HABITAT

A tropical plant. It is native to tropical West Africa. It grows in swamp forests and along streams. In Zimbabwe it grows up to 1,200 m above sea level. It is often on termite mounds. In Nigeria recorded at 1,440 m above sea level.

PRODUCTION

Cultivation

The seed germinate easily.

Harvesting and Seed Production

Young trees are fast growing.

NOTES

There are 4 Blighia species.

REFERENCES

Barwick, M., 2004, Tropical and Subtropical Trees. A Worldwide Encyclopedic Guide. Thames and Hudson p 53

Bekele-Tesemma A., Birnie, A., & Tengnas, B., 1993, Useful Trees and Shrubs for Ethiopia. Regional Soil Conservation Unit. Technical Handbook No 5. p 110

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 5. Kew.

Catarino, L., et al, 2016, Ecological data in support of an analysis of Guinea-Bissau's medicinal flora. Data in Brief 7 (2016):1078-1097

Chapman, J. D. & Chapman, H. M., 2001, The Forest Flora of Taraba and Andamawa States, Nigeria. WWF & University of Canterbury. p 201

FAO Corporate Document Repository. The Major Significance of 'Minor' Forest Products. Appendix 3

Fowler, D. G., 2007, Zambian Plants: Their Vernacular Names and Uses. Kew. p 84

Harris, D. J., 2002, The vascular plants of the Dzanga-Sangha Reserve, Central African Republic. National Botanic Garden of Belgium, 2002. – 274 pages p 190

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 39

Keay, R.W.J., 1989, Trees of Nigeria. Clarendon Press, Oxford. p 358

Lykke, A. M., & Padonou, E. A., 2019, Carbohydrates, proteins, fats and other essential components of food from native trees in West Africa. Heliyon 5 e01744

Malaisse, F., 1997, Se nourrir en floret claire africaine. Approche ecologique et nutritionnelle. CTA., p 59, 91

Malaisse, F., 2010, How to live and survive in Zambezian open forest (Miombo Ecoregion). Les Presses Agronomiques de Gembloux.

Palmer, E and Pitman, N., 1972, Trees of Southern Africa. Vol. 2. A.A. Balkema, Cape Town p 1362

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 180

Vivien, J. & Faure, J.J., 1985, Abres des forets dense d'Afrique Centrale. Agence de Cooperation Culturelle et Technique. Paris. p 402

White, F., Dowsett-Lemaire, F. and Chapman, J. D., 2001, Evergreen Forest Flora of Malawi. Kew. p 527

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/e0f7277b-99a3-40f2-9651-2af20a49afbc