PLANT FACT SHEET

Kosteletzkya adoensis (Hochst. ex A. Rich.) Mast.

GENUS *Kosteletzkya* **FAMILY** Malvaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Manna

The leaves are used as flavouring in sauces and other dishes.
They are also used to flavour palm wine.

DESCRIPTION

A scrambling herb or shrub. It keeps growing from year to year. It can be 2 m tall.

HABITAT

It is a tropical plant. It grows near rivers in woodland in West and Central Africa. It grows between 1,000-2,350 m above sea level.

REFERENCES

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 4. Kew.

Seidemann J., 2005, World Spice Plants. Economic Usage, Botany, Taxonomy. Springer. p 193

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e5abab49-e44e-425a-bf47-0ff953b8f605