PLANT FACT SHEET

Icacina trichantha Oliv.

GENUS *Icacina* **FAMILY** Icacinaceae

COMMON NAMES Unumbe

EDIBLE PARTS AND USES

Edible parts: Roots, Fruit, Tuber

The tuber is pounded then washed to remove toxins. It is used in soups and with other foods.
Caution: The tuber contains toxic alkaloids.
The fruit are eaten raw.

DESCRIPTION

A creeping shrub. It grows 2 m tall. It has a very large tuber. The fruit is about 2.5 cm long. It has a soft sweet outer pulp.

HABITAT

A tropical plant. It grows in the forest.

REFERENCES

Bonou, A., et al, 2013, Valeur economique des Produits Forestiers Non Ligneux (PFNL) au Benin. Editions Universitaires Europeennes p 94

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 3. Kew.

Codjia, J. T. C., et al, 2003, Diversity and local valorisation of vegetal edible products in Benin. Cahiers Agricultures 12:1-12

Dalziel, J. M., 1937, The Useful plants of west tropical Africa. Crown Agents for the Colonies London.

Ferns, Useful Tropical Plants

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 16

N'Danikou, S. et al, 2010, Eliciting Local Values of Wild Edible Plants in Southern Bénin to Identify Priority Species for Conservation. Economic Botany, 20(10), 2011, pp. 1–15.

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 116

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/e62422a4-84c8-4b74-9755-da101441550d