PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Neorautanenia mitis (A. Rich.) Verdc.

GENUS *Neorautanenia* **FAMILY** Fabaceae

EDIBLE PARTS AND USES

Edible parts: Tuber - drink, Vegetable, Fruit, Seeds, Roots

The pods are poisonous and eaten occasionally as a famine food.
The top is cut off the tuber and the contents pounded and the fluid drunk.

DESCRIPTION

A small shrubby herb. It can be erect, climbing or scrambling. The stems can be 2 m long. It has a large tuberous rootstock. It keeps growing from year to year. Annual shoots develop from the large tuber. The leaves are hairy and have lobes. The flowers are bright blue. The fruit are large woody pods. There are a very large tuber or root stock. The seeds are black.

HABITAT

It is a tropical plant. It grows in grassland and open woodland. It grows in sandy and loamy soils. It can grow in arid places. In Zimbabwe it grows up to 1,600 m above sea level. It grows in well-drained sandy soils. It can grow in desert. It grows between 300-1,525m above sea level.

PRODUCTION

Harvesting and Seed Production

The tuber can be 13.6 kg.

REFERENCES

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

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

Fowler, D. G., 2007, Zambian Plants: Their Vernacular Names and Uses. Kew. p 38 (Also as Neorautanenia pseudopachyrrhiza)

Fox, F. W. & Young, M. E. N., 1982, Food from the Veld. Delta Books. p 227

Grivetti, L. E., 1980, Agricultural development: present and potential role of edible wild plants. Part 2: Sub-Saharan Africa, Report to the Department of State Agency for International Development. p 73

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 563

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 135

Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; http://www.rbgkew.org.uk/ceb/sepasal/internet [Accessed 29th April 2011] (Also as Neorautanenia amboensis)

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 58

van Wyk, Ben-Erik, 2019, The diversity and multiple uses of southern African legumes. Australian Systematic Botany, 2019, 32, 519–546

Welcome, A. K. & Van Wyk, B.-E., 2019, An inventory and analysis of the food plants of southern Africa. South African Journal of Botany 122 (2019) 136–179

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew p 321 (Also as Neorautanenia amboensis)

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/ea7353cb-0d8e-44f0-8bb4-e006ee64d7e3