PLANT FACT SHEET

Grewia monticola Sond.

GENUS *Grewia* **FAMILY** Malvaceae

COMMON NAMES Mountain grewia, Grey grewia, Silver raisin

EDIBLE PARTS AND USES

Edible parts: Berries, Fruit, Leaves - tea

The fruit are eaten raw when ripe. They are also used in porridge. They are also sundried.
The fruit are used for alcoholic drinks.

DESCRIPTION

A small tree which loses its leaves during the year. It grows up to 6 m tall. The branches are spreading and weeping. The young flexible branches are covered with reddish hairs. The leaves are 2.5-10 cm long and 5 cm wide. The leaves are oval. The base is often unequal-sided. They have dense white hairs. The edges of the leaves have irregular teeth. The flowers are on long stalks in the axils of leaves. They are yellow or orange and star like. They are 0.8-1.3 cm across. The fruit are round and with 2 lobes. The fruit is yellow when ripe. It is covered with bristly hairs. It is edible.

HABITAT

A tropical plant. It can withstand frost and drought. It grows at a wide range of altitudes. It grows on a range of soils. It grows in areas with an annual rainfall below 1,000 mm. It grows between 20-1,980 m above sea level. In Zimbabwe it grows between 580-1,530 m above sea level. It can grow in arid places.

PRODUCTION

Cultivation

Plants are easily raised from seed. Seeds should be collected from ripe fruit off the tree. The pulp is removed and the seeds are dried in the shade. Seedlings are transplanted at the 4 leaf stage but care must be taken of the taproot.

Harvesting and Seed Production

Trees grow quickly.

NOTES

There are about 200 Grewia species. They are mostly tropical. The fruit of most may be edible. These were in the Sparrmanniaceae and the Tiliaceae.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Drummond, R. B., 1981, Common Trees of the Central Watershed Woodlands of Zimbabwe, National Herbarium Salisbury. p 136

Fowler, D. G., 2007, Zambian Plants: Their Vernacular Names and Uses. Kew. p 45

Fox, F. W. & Young, M. E. N., 1982, Food from the Veld. Delta Books. p 353

http://www.fao.org/forestry/25323-096344a3de335832e8f363c3ac5184a66.pdf

Le Houerou, H. N., (Ed.), 1980, Browse in Africa. The current state of knowledge. International Livestock Centre for Africa, Ethiopia. p 163

Linnaea 23:20. 1850

Long, C., 2005, Swaziland's Flora - siSwati names and Uses http://www.sntc.org.sz/flora/

Magwede, K., van Wyk, B.-E., & van Wyk, A. E., 2019, An inventory of Vhavend useful plants. South African Journal of Botany 122 (2019) 57–89

Mannheimer, C. A. & Curtis. B.A. (eds), 2009, Le Roux and Muller's Field Guide to the Trees and Shrubs of Namibia. Windhoek: Macmillan Education Namibia. p 320

Maroyi, A., 2011, The Gathering and Consumption of Wild Edible Plants in Nhema Communal Area, Midlands Province, Zimbabwe. Ecology of Food and Nutrition 50:6, 506-525

Maroyi, A. & Cheikhyoussef, A., 2017, Traditional knowledge of wild edible fruit in southern Africa: A comparative use patterns in Namibia and Zimbabwe. Indian Journal of Traditional Knowledge. 16(3): 385-392

Ogle & Grivetti, 1985,

Palgrave, K.C., 1996, Trees of Southern Africa. Struik Publishers. p 576

Palmer, E and Pitman, N., 1972, Trees of Southern Africa. Vol. 2. A.A. Balkema, Cape Town p 1437

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 192

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 11th June 2011]

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 76

Schmidt, E., Lotter, M., & McCleland, W., 2007, Trees and shrubs of Mpumalanga and Kruger National Park. Jacana Media p 406

Swaziland's Flora Database http://www.sntc.org.sz/flora

Tredgold, M.H., 1986, Food Plants of Zimbabwe. Mambo Press. p 69

van Wyk, Be., & Gericke, N., 2007, People's plants. A Guide to Useful Plants of Southern Africa. Briza. p 44

van Wyk, B, van Wyk, P, and van Wyk B., 2000, Photographic guide to Trees of Southern Africa. Briza. p 167

Venter, F & J., 2009, Making the most of Indigenous Trees. Briza. p 184

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

Wild, 1975,

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

www.zimbabweflora.co.zw 2011

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/efb5cade-53d8-4159-ae85-a356fcb255a3