PLANT FACT SHEET

Bridelia cathartica Bertol. f.

GENUS *Bridelia* **FAMILY** Phyllanthaceae

COMMON NAMES Knobbly bridelia, Blue sweetberry

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves - chewed, Vegetable

The fruit are eaten raw.
The leaves are chewed with water to produce a sweet taste.

DESCRIPTION

A shrub with many stems. It can scramble. It can also be a small tree 4-6 m high. The bark is brown or grey and smooth. The leaves are oblong and 3-9 cm long by 1.5-4.5 cm wide. They are dark green and shiny above and pale green below. The edges are rolled under. The male and female flowers are very small. They are greenish to yellow. They occur in small tight clusters in the axils of leaves. The fruit is 9 mm long by 7 mm wide. They are black when mature. They are edible. There are 2 subspecies and 3 varieties.

HABITAT

A tropical plant. They grow along stream banks. It grows along the coast. It grows in hot arid places with a marked dry season. It needs well-drained soil. It is rare in humid soils. It grows from sea level to 2,000 m above sea level. It is more common in the lowlands. It can grow in arid places. In Zimbabwe it grows in areas with a rainfall between 700-800 mm per year. In Brisbane Botanical Gardens.

PRODUCTION

Cultivation

Plants can be grown from seed. The seeds are cleaned and soaked then planted

NOTES

There are about 60 Bridelia species. Also as family Euphorbiaceae.

PICTURES



Credit: Food Plants International (Bruce French)

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