



PLANT FACT SHEET

Balanites rotundifolia (Tiegh.) Blatt.

GENUS *Balanites* FAMILY Zygophyllaceae

COMMON NAMES Bedeno

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves, Seeds, Vegetable

The fruit can be stored and eaten later. The fruit are peeled and then boiled and the outside flesh is eaten. They are boiled for 3-4 hours and eaten with milk.

The very ripe fruit are eaten raw.

The young leaves are cooked and eaten as a vegetable.

DESCRIPTION

A shrub or small tree. It is evergreen and spiny. It can grow to 6-8 m high. The trunk can be 40 cm across and usually there are many branches. The bark is grey-brown. The spines can be 3-8 cm long. They are 2-5 mm across. The leaves have short leaf stalks or none at all. The leaflets are 1-6 cm long by 2-4 cm wide. They are broadly oval. They are rough and can be wavy. The flowers are on the stems. There can be 8 flowers in a group. The flowers have 4 parts. The fruit are 2-3 cm long and 2-2.5 cm wide. They are hard and brittle on the outside. They are orange or yellow when ripe.

HABITAT

It is a tropical plant. It grows in dry rocky areas, In Kenya it grows between 50-1,350 m altitude and in areas with 150-400 mm rainfall. It is drought resistant.

PRODUCTION

Cultivation

Plants can be grown from seeds. It is best to sow the seeds in the field where they are to grow.

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