PLANT FACT SHEET

Cleome monophylla L.

GENUS *Cleome* **FAMILY** Cleomaceae

COMMON NAMES Single-leaved cleome

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Fruit, Seeds - oil, Seeds - flavouring, Vegetable

The leaves are used as a vegetable. It has an unpleasant smell and acrid taste. Sometimes it is cooked a day before eaten to remove these aspects. They are fried.
The seeds are used like mustard.

DESCRIPTION

A small annual herb. It is erect and hairy. It grows 30-60 cm high. It can be spreading. The leaves are simple and undivided. They are 2.5-8 cm long and narrow. The flowers are pink and purple. The pods are long and thin. They are 5-11 mm long by 3 mm wide. They contain several small flat seeds.

HABITAT

A tropical plant. It grows in the Sahel regions in West Africa. It grows in areas with a rainfall of about 100 mm per year. It grows in hot arid places. It grows between 30-2,100 m above sea level. It can grow in arid places.

PRODUCTION

Cultivation

It can be grown from seeds.

Harvesting and Seed Production

Leaves are collected during the rainy season.

NOTES

There are about 150 Cleome species. It can be a problem weed. The Vitamin C content is 4.3 mg/100 g dry weight.

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