



Common names

Lamiaceae

**Smelly-berry vitex, Smelly-berry finger-leaf,**

Scientific name

***Vitex mombassae***

Edible portion

Fruit, Seed, Ash - salt,

**Description**

A shrub or tree. It grows up to 6 m tall. It often has many branches from the base. The leaves have 3-5 leaflets. The leaves have long stalks but the leaflets are stalkless. The leaflets radiate from one point and the end one is the largest. The leaflets are 7.5 cm long and 1.9 cm wide. They are densely velvety below. The flowers are violet or 2 coloured. They occur in groups on long stalks in the axils of leaves. The fruit has a hard stone and a thin fleshy covering. It is black when mature. The fruit is edible.

**Distribution**

A tropical plant. It grows in the lowlands. It grows in the savannah. It prefers sandy soils. It occurs in hot areas on stony outcrops. It is also in deciduous woodland and especially on Kalahari sand. In Kenya it grows from sea level to 450 m altitude. It grows in areas with an annual rainfall of 955-1,050 mm. It can grow in arid places. It grows in Miombo woodland.

**Found in:**

Africa, Botswana, Central Africa, Congo, East Africa, Kenya, Malawi, Mozambique, Namibia, South Africa, Southern Africa, Tanzania, Zambia, Zimbabwe,

**Use**

The flesh of the fruit is eaten raw.

The fruit have an unpleasant smell and a persistent taste.

The wood ash is soaked in water and filtered and this is used to tenderise vegetables during cooking.

The seeds inside the hard stone is edible.

**Cultivation**

Plants can be grown from fresh seeds.

**Production**

In Tanzania the ripe fruit are collected from April to June.



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## Nutritional Values

*Vitex mombassae*

Edible Part	/100 g edible portion	Moisture %	Energy KJ	Energy Kcal	Protein g	Provit A µg	Vit C mg	Iron mg	Zinc mg
Fruit		69.9	362	87	3.9		41.0	14.0	6.5



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