



Common names

Lamiaceae

Kaffir potato, Hausa potato,

Scientific name

Plectranthus esculentus

Edible portion

Tubers, Roots, Vegetable,

Description

A herb or small shrub. It keeps growing from year to year. It grows 60 cm high. It can lie along the ground. It loses its leaves during the year. The leaves are fleshy and opposite. They are 5-8 cm long by 1-3 cm wide. They are narrowly oval. There are rounded teeth along the edge. The stems are angular. Some of the branches near the base bend down and grow into the ground to form long tubers. They grow from a central point like fingers on a hand. The tubers grow in clusters and are large. They can be 10 cm long and 2 cm wide. The flowers are yellow. They have a faint smell of tar.

Distribution

A tropical plant. It grows naturally in southern tropical Africa. It grows in dry rocky and sandy soils. It grows between 600-1,900 m above sea level. It is hardy and needs frost free conditions. The best conditions for growth are 15-28°C. They need an annual rainfall of 700-1,100 mm. A soil pH of 6.5-7 is suitable. It can grow in arid places.

Found in:

Africa, Angola, Botswana, Burkina Faso, Cameroon, Central Africa, Central African Republic, CAR, Chad, Congo, East Africa, Equatorial Guinea, Eswatini, Guinea, Guinée, Malawi, Mali, Mozambique, Namibia, Niger, Nigeria, Senegal, South Africa, Southern Africa, Sudan, Swaziland, Tanzania, Uganda, West Africa, Zambia, Zimbabwe,

Use

The tubers are boiled and often added to other vegetables in soups. The tubers are washed then boiled in their skins. They can be dried and stored.

They can also be pickled.

Cultivation

Plants are normally grown from cuttings. It can be grown from tubers and small bulbils in the axils.

Production

Tubers are harvested 180-200 days after planting. Yields of 2-6 tonnes per hectare have been recorded. A tuber can weigh 1.8 kg.



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Nutritional Values

Plectranthus esculentus

Edible Part	/100 g edible portion	Moisture %	Energy KJ	Energy Kcal	Protein g	Provit A μg	Vit C mg	Iron mg	Zinc mg
Tuber		78.0	351	84	1.9			6.4	

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