FOOD PLANTS INTERNATIONAL



Helping the Hungry Feed Themselves Well... ... through the strategic use of God's amazing natural resources

Common names Boraginaceae

Scientific name

Cordia crenata

Fruit,

Edible portion

Description

A shrub or small tree. It grows 7 m tall. Young plant parts are hairy. The leaves are oval or wedge shaped and 5-8 cm long by 3 cm wide. They are rough above and hairy underneath. Male and female flowers are on separate plants. The fruit are oval and orange and 13 mm long by 8 mm wide. There is one seed.

Distribution

It is a tropical plant.

Found in:

Africa, Arabia, Asia, East Africa, Egypt, India, Iran, Kenya,

Use

The fruit are eaten raw.

Cultivation

Plants can be grown by seeds.

Production







Helping the Hungry Feed Themselves Well... ... through the strategic use of God's amazing natural resources

N	lutr	·iti	۸ı	าลโ	V	al	ues
I٦	ıuu	IU	υı	ıaı	v	aı	ues

Cordia crenata

	Moisture	Energy	Energy	Protein	Provit A	Vit C	Iron	Zinc
Edible Part /100 g edible portion	%	KĴ	Kcal	g	μg	mg	mg	mg

	1	

FOOD PLANTS INTERNATIONAL	d Plants	Helping the Hungry Feed Themselves Well through the strategic use of God's amazing natural resources