

Common names**Malvaceae****Two-coloured grewia, White-leaved raisin,****Scientific name*****Grewia bicolor*****Edible portion**

Fruit, Leaves - tea, Vegetable, Flowers,

**Description**

A small tree or shrub. It grows up to 3-8 m tall. It is often a shrub with many stems. The young branches are covered with soft hairs. The leaves are oval or sword shaped. They are smooth above and white below. They have fine teeth along the edges. The leaves are 1-8 cm long. The flowers are in bunches and are bright yellow. They have 5 narrow petals. The fruit are orange brown and 6 mm across. They are edible.

Distribution

A tropical plant. It grows in lowlands and highlands. It grows in drier regions. It grows in the Sahel. The rainfall in these places is 400-900 mm each year. It is often on rocky slopes near the sea. It grows on calcareous soils. It grows at low and medium altitudes in South Africa. In East Africa it grows from sea level to 2,000 m altitude. It grows best between 800-1,800 m altitude. It can grow in arid places. It is often on termite mounds. It grows in Miombo woodland in Africa. It grows in the Sahara.

Found in:

Africa, Angola, Arabia, Asia, Benin, Botswana, Burkina Faso, Burundi, Cameroon, Central Africa, Chad, Congo DR, Côte d'Ivoire, East Africa, Eritrea, Eswatini, Ethiopia, Ghana, Guinea, Guinée, India, Ivory Coast, Kenya, Malawi, Mali, Mauritania, Morocco, Mozambique, Namibia, Niger, Nigeria, North Africa, Sahel, Saudi Arabia, Senegal, Somalia, South Africa, Southern Africa, South Sudan, Sudan, Swaziland, Tanzania, Togo, Uganda, West Africa, Yemen, Zambia, Zimbabwe,

Use

The ripe fruit are eaten raw and fresh. The seeds are not eaten. The fruit are also dried as candy. The fruit juice is drunk and added to porridge. It is also fermented into beer.

The leaves are eaten being used as a binding agent for sauces.

Fresh leaves are made into a tea drink.

Cultivation

Plants are grown from seeds. Seeds need treatment to germinate well. The hard surface needs breaking. Cuttings root poorly but if they have a heel they are better. It can be cut back and will re-grow.

Production

In Tanzania it grows between April to June.



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Nutritional Values

Grewia bicolor

Edible Part	/100 g edible portion	Moisture %	Energy KJ	Energy Kcal	Protein g	Provit A µg	Vit C mg	Iron mg	Zinc mg
Fruit dry		13.2	1302	311	10.3		9.3	5.9	2.6
Leaves									



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