

Vangueria apiculata K.Schum., 1895 (Mutugundo)

Identifiants : 3438/vanapi

Fiche réalisée par Patrick Le Ménahèze ([Le Potager de mes/nos Rêves](#))
Dernière modification le 19/09/2020

- Classification/taxinomie :
 - Famille : Rubiaceae ;
- Nom(s) anglais et/ou international(aux) : tangle-flowered wild medlar ;
- Rapport de consommation et comestibilité/consommabilité inférée (partie(s) utilisable(s) et usage(s) alimentaire(s) correspondant(s)) : Partie(s) comestible(s) : fruit.
Utilisation(s)/usage(s) culinaire(s) : les fruits mûrs sont consommés crus comme collation ; les graines sont jetées.



Précautions à prendre :

néant, inconnus ou indéterminés.

- Liens, sources et/ou références :

dont classification :

- ["The Plant List" \(en anglais\)](#) ;
- [INPI \(recherche en anglais\)](#) ;

dont Google (recherche de/pour) "Vangueria apiculata" : [pages](#), [images](#) | "Mutugundo" : [pages](#) ;

dont livres et bases de données : "FOOD PLANTS INTERNATIONAL" (en anglais) ;

dont biographie/références de "FOOD PLANTS INTERNATIONAL" :

Acipa, A. et al, 2013, Nutritional Profile of some Selected Food Plants of Otwal and Ngai Counties, Oyam District, Northern Uganda. *African Journal of Food, Agriculture, Nutrition and Development*. 13(2) ; Agea, J. G., et al 2011, Wild and Semi-wild Food Plants of Bunyoro-Kitara Kingdom of Uganda: etc. *Environmental Research Journal* 5(2) 74-86 ; Bussman, R. W., 2006, Ethnobotany of the Samburu of Mt Nyiru, South Turkana, Kenya. *Journal of Ethnobiology and Ethnomedicine*. 2:35 ; Dale, I. R. and Greenway, P. J., 1961, Kenya Trees and Shrubs. Nairobi. p 478 ; East African Herbarium records, 1981, ; Fowler, D. G., 2007, *Zambian Plants: Their Vernacular Names and Uses*. Kew. p 84 ; Glover et al, 1966b, ; Godfrey, J. et al, 2013, Harvesting, preparation and preservation of commonly consumed wild and semi-wild food plants in Bunyoro-Kitara Kingdom, Uganda. *Int. J. Med. Arom. Plants*. Vol.3 No.2 pp 262-282 ; Goode, P., 1989, *Edible Plants of Uganda*. FAO p 27 ; Goode, P., 1989, *Edible Plants of Uganda*. FAO p 37 ; Grivetti, L. E., 1980, Agricultural development: present and potential role of edible wild plants. Part 2: Sub-Saharan Africa, Report to the Department of State Agency for International Development. p 45 ; Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 167 ; Johns, T., Mhoro, E. B. and Sanaya, P., 1996, Food Plants and Masticants of the Batemi of Ngorongoro District, Tanzania. *Economic Botany*, Vol. 50, No. 1, pp. 115-121 ; Katende, A.B., Birnie, A & Tengnas B., 1995, *Useful Trees and Shrubs for Uganda. Identification, Propagation and Management for Agricultural and Pastoral Communities*. Technical handbook No 10. Regional Soil Conservation Unit, Nairobi, Kenya. p 650 ; Kokwaro, J. O. and Johns. T., *Luo Biological Dictionary*. p 22 ; Lovett, J. C. et al, *Field Guide to the Moist Forest Trees of Tanzania*. p 144 ; Lulekal, E., et al, 2011, Wild edible plants in Ethiopia: a review on their potential to combat food insecurity. *Afrika Focus - Vol. 24, No 2*. pp 71-121 ; Maundu, P. et al, 1999, Traditional Food Plants of Kenya. National Museum of Kenya. 288p ; Ocho, D. L., et al, 2012, Assessing the levels of food shortage using the traffic light metaphor by analyzing the gathering and consumption of wild food plants, crop parts and crop residues in Konso, Ethiopia. *Journal of Ethnobiology and Ethnomedicine* 8:30 ; Oryema, C., et al, 2013, Edible wild fruit species of Gulu District, Uganda. *International Journal of Biology and Biological Sciences* Vol 2(4) pp 068-082 ; Palgrave, K.C., 1996, *Trees*

of Southern Africa. Struik Publishers. p 872 ; Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 176 ; Ruffo, C. K., Birnie, A. & Tengnas, B., 2002, Edible Wild Plants of Tanzania. RELMA p 702 ; Strangeland, T et al, 2009, Total antioxidant activity in 35 Ugandan fruits and vegetables. Food Chemistry 113: 85-91 ; White, F., Dowsett-Lemaire, F. and Chapman, J. D., 2001, Evergreen Forest Flora of Malawi. Kew. p 502