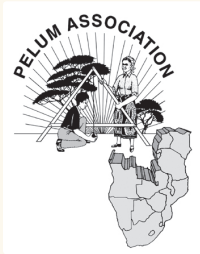


## WILD EDIBLE PLANTS OF ACHOLI AND TESO SUB REGIONS OF UGANDA





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## WILD EDIBLE PLANTS OF ACHOLI AND TESO SUB REGIONS OF UGANDA

**W**ild edible plants are defined as species that are neither cultivated nor domesticated but are sourced from their natural habitat and used as food (Singh, 2016). Wild edible plants have one or more parts that can be used for food and nutrition supplement by communities around the world. The dietary pattern of consuming wild edible plants predates agriculture (King, 1994) and most African communities are still gathering and consuming wild food plants (Ruffo et al. 2000; Harris and Mohammed 2003; Mulumba et al. 2009; Maroyi 2011; Ojelel et al. 2019). Consumption of wild edible plants in Uganda has been documented by (Bukenya, 1996; Katende et al. 1998; Katende et al. 1999; Agea et al. 2011; Kakudidi et al. 2004). Despite these efforts; knowledge and information about the diversity and management status of wild edible plants is still limited to allow for a systematic and sustainable utilization of the resource. Wild edible plants are gathered from varied habitats ranging from natural forests, rangelands, wetlands, agricultural fields to other highly modified habitats like roadsides and wastelands. Utilization of wild edible plants is pivotal in the food security and adaptation of communities to adverse changes in the environment e.g. drought that disrupt agricultural productivity. This is because consumption of wild foods appears as a coping strategy in times when food insecurity prevailing. The contribution of wild edible plants to livelihoods spans beyond their direct use for food to cash generation as some species are highly sought after and sold to nearby markets.

Cognizant of the significant contribution of wild edible plants to Ugandan communities, the rampant land use modifications and the limited and/or patchy

information about wild edible plants, it is urgent to develop comprehensive inventories about the species, their associated knowledge and management status. This will guide efforts geared towards conservation and sustainable use of wild edible plants to improve livelihoods. Such strategies could entail exploration of the inter and intraspecific variation across and within species; profiling the variation in nutritional content and other adaptive traits that could support improvement of related food crops. The dietary patterns of the communities in Acholi and Teso sub-regions of Uganda are known to comprise a substantial diversity of wild edible plant species. This report serves to fill the gap in the previous efforts by PELUM Uganda in partnership with Trocaire under the project entitled; Influencing policies and practices on NRM and Enhancing capacities of resource rights partners in Acholi and Teso Sub regions in agroecology. One of the major intervention areas of the project is promoting the sustainable utilization and management of traditional and wild edible plant species among farming communities in Acholi and Teso sub regions. This report builds on the efforts by PELUM's local implementing partners (ARLPI, SOCADIDO, SARDnet and TEDDO) who conducted community level profiling of traditional and wild foods in their respective communities of project intervention in the 4 districts of Omoro, Katakwi, Lamwo and Kaberamaido districts. This report serves to enhance the usability of the documents by providing a harmonized and consolidated document on the wild edible plant species in Acholi and Teso sub regions. Using focus group discussions comprising knowledgeable farmers, information on the wild edible plants species, parts used, preparation methods and other related information like their management, sustainability and status were collected.



## ACKNOWLEDGEMENT

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# WILD EDIBLE SPECIES

## *Acalypha bipartita* Müll.Arg.



**Family:** Euphorbiaceae

**English:** Bilad punch

**Acholi:** Ayuyu

**Kumam:** Ayuyu

**Ateso:** Ayuyu

**Edible Part:**

Leaves

**Preparation method:**

Leaves are boiled, pasted and eaten as vegetables.

**Other Uses:**

Mature stems are for making fishing baskets and winnowers.

**Season of availability:** Wet season from February to May and July to September.  
**Management and sustainability practice:** Protected by local people.

**Status:** Non-domesticated but readily available in the wild.

## *Framomum angustifolium* K.Schum.



**Family:** Zingiberaceae

**English:** Madagascar cardamom

**Kumam:** Ocao

**Ateso:** Acaoi

**Acholi:** Ocao



**Edible Part:**

Fruits

**Preparation method:**

Fruit eaten directly while still fresh.

**Other Uses:**

Leaves for making laying baskets.

Root extract used for treating meningitis.

**Season of availability:** Season of availability: Dry season from November to March.

**Management and sustainability practice:** Protected by local people.

## *Amaranthus dubius* Mart.



**Family:** Amaranthaceae

**English:** Spleen Amaranth

**Acholi:** Obuga

**Ateso:** Aboga

**Kumam:** Eboga

**Edible Part:**

Leaves

**Preparation method:**

Leaves are eaten as vegetables when boiled or fried.

**Other Uses:**

Whole plant

Dried whole plant is dried, burnt and the ash filtrate used as sodium bi-carbonate.

**Season of availability:**

Onset of rain from February to May and from July to September

**Management and sustainability:**

Cultivated.

**Status:**

Domesticated and readily available in the wild.

## *Amaranthus spinosus* L.



**Family:** Amaranthaceae

**English:** Spiny Amaranth

**Acholi:** Obuga okutu

**Ateso:** Aboga/ akwaco/akwata

**Kumam:** Eboga me Okuto

**Edible Part:**

Leaves

**Preparation method:**

Leaves are eaten as vegetables when boiled and pasted or fried.

**Other Uses:**

Whole plant

Dried whole plant is dried, burnt and the ash filtrate used as sodium bi-carbonate.

**Season of availability:**

Onset of rain from February to May and from July to September.

**Management and sustainability:**

Protected.

**Status:**

Non-domesticated but readily available in the wild.

## *Ampelocissus latifolia* (Roxb.) Planch.



**Family:** Vitaceae

**English:** Wild indian grape

**Acholi:** Olok

**Ateso:** Emaniman

**Kumam:** Olok

**Edible Part:**

Fruit

**Preparation method:**

Fruit eaten directly

**Other Uses:**

None

**Season of availability:**

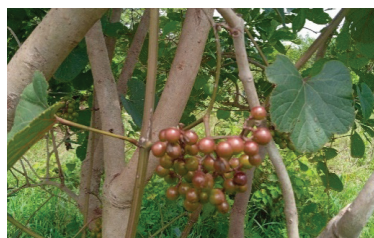
Wet season from June to October

**Management and sustainability practice:**

Non-domesticated but readily available in the wild.

**Status:**

Readily available.



## *Annona senegalensis* Pers.



**Family:** Annonaceae

**English:** Wild custard Apple

**Acholi:** Obwolo

**Ateso and Kumam:** Ebwolo

**Edible Part:**

Fruits eaten directly

**Other Uses:**

Stem- Extract obtained after pounding used as snake anti-poison

**Season of availability:**

April-July

**Management and sustainability practice:**

Protected by local people.

**Status:**

Non-domesticated but readily available in wild





## *Balanites aegyptiaca* (L.) Delile



**Family:** Balanitaceae

**English:** Desert Date

**Ateso:** Ecomai

**Acholi:** Too

**Kumam:** Ecomai



**Edible Part:**

Tender leaves eaten as vegetables.

**Preparation method:**

Leaves are boiled and pasted or mixed with other vegetables and boiled.

**Other Uses:**

Roots are medicinal for treating measles and stomach upset.

**Season of availability:**

Leaves (March-April)

Fruits (January – February)

**Management and sustainability practice:**

Protected by the local people.

**Status:**

Non-domesticated purely wild but readily available in areas of distribution.

## *Oxytenanthera abyssinica* Munro.



**Family:** Poaceae

**English:** Savanah Bamboo

**Acholi:** Ko origa

**Ateso:** Esuretait/ Aboli

**Kumam:** Eboli

**Edible Part:**

Seeds.

**Preparation method:**

Seeds are prepared like rice/or ground and mingled

**Other Uses:**

Stems are used for construction.

**Season of availability:**

Wet season from June to July.

**Management and sustainability practice:**

Protected by local people

**Status:**

Non-domesticated

## *Borassus aethiopum* Mart.



**Family:** Arecaceae

**English:** African Fan Palm

**Acholi:** Tugo

**Kumam:** Tugo

**Ateso:** Edukudukut



**Edible Part:**

Fruits and young underground shoot

**Preparation method:**

Fruit eaten after thorough hitting to soften it.

Underground young shoots are eaten when boiled and pasted.

**Other Uses:**

Stem used for construction.

Stems are used for making beehives.

Leaves used for construction when thatching huts.

**Season of availability:**

Dry (January - April)

**Management and sustainability practice:**

Protected by the local people

**Status:**

Non-domesticated but readily available in the wild

## *Bridelia scleroneura* Müll.Arg.



**Family:** Euphorbiaceae

**English:** Espurge

**Acholi:** Larwece

**Kumam:** Erweco

**Ateso:** Emuduku/Ereco

**Edible Part:**

Fruits

**Preparation method:**

Fruits - eaten directly

**Other Uses:**

Stem - pounded and extract drunk-halts bleeding after abortion or miscarriage.

Fruit improves vision.

Stem-construction poles.

Roots extract-anti-poison.

Twigs- for making toothbrush

**Season of availability:**

May - February

**Management and sustainability practice:**

Protected in the wild by the local people

**Status:**

Non-domesticated but readily available in the wild

## *Capsicum frutescens* L.



**Family:** Solanaceae

**English:** Red pepper/Red chillies

**Acholi:** Kalara/ Pot kalara

**Ateso:** Emulalu

**Kumam:** Amulali

**Edible Part:**

Leaves and fruits.

**Preparation method:**

Leaves- boiled and (pasted or fried) and eaten as vegetables.

Fruit eaten as an appetizer.

**Other Uses:**

Fruit for treating ulcers.

**Season of availability:**

All wet seasons (April - June and August - December).

**Management and sustainability practice:**

Cultivated.

**Status:**

Domesticated and readily available.

## *Carissa spinarum* L.



**Family:** Apocynaceae

**English:** Egyptian carissa

**Acholi:** Acuga/Acoga

**Ateso:** Ekamurei

**Kumam:**

**Edible Part:**

Fruits.

**Preparation method:**

Fruits are eaten directly

**Other Uses:**

Roots.

Roots extract for treating measles and lumpy skin disease in Livestock.

**Season of availability:**

September - December

**Management and sustainability practice:**

**Protected in the wild status:**

Non-domesticated but readily available in areas of distribution

## *Cleome monophylla* L.



**Family:** Cleomaceae

**English:** Spindle pod

**Acholi:** Anyimi jok

**Ateso:** Eihihi

**Kumam:** Ayi

**Edible Part:**

Leaves

**Preparation method:**

Leaves are boiled and pasted

**Other Uses:**

None

**Season of availability:**

Both dry and wet seasons in swampy areas.

**Management and sustainability practice:**

Protected by the locals

**Status:**

Non-domesticated but readily available in swampy

## *Corchorus* spp.



**Family:** Tiliaceae

**English:** Okra

**Ateso:** Atigo

**Acholi:** Otigo mon bura

**Kumam:** Otigo alebdang

**Edible Part:**

Leaves and fruits

**Preparation method:**

Leaves and or fruits are mixed with other vegetables to make it slimy, pasted and eaten.

**Other Uses:**

None

**Season of availability:**

All wet seasons from February to April and from July to August.

**Management and sustainability practice:**

Protected by local people

**Status:**

Non-domesticated but readily available



## *Crassocephalum* spp.



**Family:** Asteraceae

**English:** Redflower ragleaf

**Acholi:** Lapuguru

**Ateso:** Ebalangit

**Kumam:** Opungula

**Edible Part:**

Leaves.

**Preparation method:**

Leaves eaten as vegetables by boiling or mixing with other vegetables.

**Other Uses:**

None

**Season of availability:**

In wet season from March to August.

**Management and sustainability practice:**

None.

**Status:**

Non-domesticated but readily available in the wild.

## *Cucumis figarei* Delile.



**Family:** Cucurbitaceae

**English:** Canary mellon

**Acholi:** Okwe/boke okwe

**Ateso:** Akolil

**Kumam:** Kwekwer

**Edible Part:**

Fruit and seed.

**Preparation method:**

Fruits eaten raw and can be dried, boiled and pasted

**Other Uses:**

Boiled fruits treat kidney problems and heart-burn.



**Season of availability:**

Wet season from July to August.

Dry season from November to December.

**Management and sustainability practice:**

Cultivated.

**Status:**

Its readily available.

## Curcuma long L.



**Family:** Zingiberaceae

**English:** Tumeric/ Indian-saffron

**Acholi:** Bijali

**Ateso and Kumam:** Ebisali

**Edible Part:**

Rhizome-coloring food and appetizer.

**Preparation method:**

Rhizomes are harvested, cleaned, boiled, pounded, dried and further pounded to smaller particles which are the used as curries.

**Other Uses:**

Rhizome-treats yellow fever, measles and heartburn.

**Season of availability:**

Dry season from June to July and November to December.

**Management and sustainability practice:**

Cultivated.

**Status:**

Domesticated readily available.

## Dioscorea bulbifera L.



**Family:** Dioscoreaceae

**English:** Aerial yam

**Ateso:** Aokot/ ogogo

**Acholi:** Ooko

**Kumam:** Oogo

**Edible Part:**

Fruit.

**Preparation method:**

Fruit boiled and eaten like yam

**Other Uses:**

Fruit - for local weather forecast. and it also relieves pain.

*\*It's believed that when the fruit is kept indoor, and its germinating, it clearly shows that rainy season is almost starting so the farmers should start cultivating and do immediate planting*

**Season of availability:**

Dry seasons from June to August and from November to January.

**Management and sustainability practice:**

Cultivated.

**Status:**

Domesticated but rare in the wild.

## *Cyphostemma adenocaula* (Steud. ex A. Rich.) Descoings



**Family:** Vitaceae

**English:** Bush Grap

**Acholi:** Anunu

**Ateso:** Emoros

**Kumam:** Moros

**Edible Part:**

Leaves.

**Preparation method:**

Leaves are eaten as vegetables when boiled and pasted.

**Other Uses:**

Leaves are chewed directly to treat toothache.

Leaves are also used as catalyst during the preparation of *Cleome gynandra* as a vegetable

**Season of availability:**

Available in both dry and wet season.

**Management and sustainability practice:**

Protected in the wild by local people.

**Status:**

Non-domesticated but readily available.

## *Pentarrhinum inspidum* E.Mey.



**Family:** Cucurbitaceae

**English:** Tindora, Ivy Gourd

**Acholi:** Okwe / boke okwe

**Ateso:** Akolil

**Kumam:** Kwekwer

**Edible Part:**

Leaves.

**Preparation method:**

Leaves are boiled, pasted and eaten as vegetables.

**Other Uses:**

Root extract / filtrate - are medicinal, treatment of U.T.I and reduces pain after immediate delivery.

**Season of availability:**

July - September

**Management and sustainability practice:**

None.

**Status:**

Non-domesticated but readily available in area of distribution.

## *Brassica oleracea* L.



**Family:** Brassicaceae

**English:** Wild cabbage

**Acholi:** Kafusa

**Ateso:** Ekabit

**Kumam:** Sukumawiki

**Edible Part:**

Leaves.

**Preparation method:**

Leaves - eaten as vegetables pasted or fried.

**Other Uses:**

None

**Season of availability:**

Wet Season

**Management and sustainability practice:**

Cultivated.

**status:**

Domesticated and readily available.

## *Ensete ventricosum* (Welw.) Cheesman



**Family:** Musaceae

**English:** Ensete/ Ethiopian banana

**Acholi:** Lateme

**Ateso:** Non-existent

**Kumam:** Labaro

**Edible Part:**

Fruits.

**Preparation method:**

Fruits- eaten directly Like yellow banana.

**Other Uses:**

Seeds

*\*A pair of seeds are tied as beads around a baby boy's waist to reduce abnormally long scrotum.*

**Season of availability:**

Dry Season from December – February.

**Management and sustainability practice:**

Protected.

**Status:**

Non-domesticated but rare





## *Commelina benghalensis* L.



**Family:** Comelinaceae

**English:** Benghal day flower

**Acholi:** Lotoro poto

**Ateso:** Elingaro

**Kumam:** Otutu

**Edible Part:**

Leaves.

**Preparation method:**

Eaten as vegetable after boiling and pasting or mixed with other vegetables.

**Other Uses:**

Whole plant helps in both soil and water conservation.

**Season of availability:**

All season.

**Management and sustainability practice:**

None.

**Status:**

Non-domesticated readily available in the wild.

## *Erythrococca* spp.



**Family:** Euphorbiaceae

**English:** Akalkanto

**Acholi:**

**Ateso:** Elwata

**Kumam:** Not known

**Edible Part:**

Leaves

**Preparation method:**

Leaves are boiled and eaten as vegetable

**Other Uses:**

Leaves, medicinal - used as a dewormer,  
Stem- used for crafts.

**Season of availability:**

All seasons

**Management and sustainability practice:**

None.

**Status:**

Non-domesticated but readily available

## *Ficus ingens* Miq.



**Family:** Moraceae

**English:** Red-leaved rock fig.

**Acholi:** Oduru Kumam: Ibui

**Ateso:** Eereere

**Edible Part:**

Fruit.

**Preparation method:**

Fruit eaten directly

**Other Uses:**

Stem- used for firewood

**Season of availability:**

All season

**Management and sustainability practice:**

Protected by local people.

**Status:**

Non-domesticated but readily available in the field.

## *Ficus mucuso* Welw. ex Ficalho



**Family:** Moraceae

**English:** Forest sycomore fig

**Acholi:** Kituba

**Ateso:** Emidit

**Kumam:** Eporod

**Edible Part:**

Fruits.

**Preparation method:**

Fruits eaten directly

**Other Uses:**

Barks - for making ropes.

Stems - for firewood

**Season of availability:**

March-April

**Management and sustainability practice:**

Protected by local people.

**Status:**

Non-domesticated but readily available

## *Ficus sur* Forssk



**Family:** Moraceae

**English:** Cape fig.

**Acholi:** Kibui

**Ateso:** Ebobore

**Kumam:** Eduro



**Edible Part:**

Leaves and fruits.

**Preparation method:**

Leaves - eaten as vegetable

Fruits eaten directly.

**Other Uses:**

Stem for firewood

**Season of availability:**

February-April

**Management and sustainability practice:**

Protected by local people.

**Status:**

Non-domesticated but readily available

## *Dombeya rotundifolia* Planch.



**Family:** Sterculiaceae

**English:** Wild pear

**Acholi:** agaba

**Ateso:** Epongai

**Kumam:** Akawich



**Edible Part:**

Fruit.

**Preparation method:**

Fruit- eaten directly

**Other Uses:**

Roots - extract improves milk letdown in livestock, cleans afterbirth when it fails to come out, treating Urinary Tract Infections (UTI)

**Season of availability:**

**Management and sustainability practice:**

Protected in the wild.

**Status:**

Non-domesticated but readily available in the wild

## *Grewia mollis* Juss.



**Family:** Tiliaceae

**English:**

**Acholi:** pobo/Nyig popo

**Ateso:** Eparis

**Kumam:** Aparis

**Edible Part:**

Fruits.

**Preparation method:**

Fruits are eaten directly.

**Other Uses:**

Stem for firewood and construction

**Season of availability:**

May - October

**Management and sustainability practice:**

Protected in the wild by local people.

**Status:**

Non-domesticated but readily available in the field

## *Hibiscus* spp.



**Family:** Malvaceae

**English:** Rozelle

**Acholi:** Lagee

**Ateso and Kumam:** Egwanyira

**Edible Part:**

Leaves

**Preparation method:**

Leaves are boiled and pasted (Preferably with ground nut paste) just like *Hibiscus sabdariffa* and eaten as vegetable

**Other Uses:**

Whole dry plant is dried, burnt and the ash filtrate is used as sodium bi-carbonate

**Season of availability:**

October-December

**Management and sustainability practice:**

Protected by local people.

**Status:**

Non-domesticated but readily available. in swampy areas



## Hibiscus spp.



**Family:** Malvaceae

**English:** hibiscus

**Acholi:** Malakwang

**Ateso:** Emalakany

**Kumam:** Amalakwang

**Edible Part:**

Leaves and seeds.

**Preparation method:**

Leaves are boiled, pasted and eaten as vegetables.

**Other Uses:**

Whole plant.

Seeds are appetizers, used for pasting other sauces.

Whole plant is dried, burnt and used as sodium bi-carbonate

**Season of availability:**

Seeds are available from September to December.

Leaves are available in all wet seasons march to April and July to august.

**Management and sustainability practice:**

Cultivated.

**Status:**

Domesticated and readily available.

## Hibiscus spp.



**Family:** Malvaceae

**English:** hibiscus

**Acholi:** Gwinyi

**Ateso:** Ejoke

**Kumam:** Amalakwang akwar

**Edible Part:**

Leaves.

**Preparation method:**

Leaves prepared like hibiscus sabdariffa by boiling, filtering and pasted for taste.

**Other Uses:**

Boost milk production in lactating mother when eaten.

**Season of availability:**

All wet seasons

**Management and sustainability practice:**

Cultivated and protected.

**Status:**

Domesticated and readily available

## *Hoslundia opposita* Vahl



**Family:** Lamiaceae

**English:** Orange bird berry/Bird gooseberry

**Acholi:** Tutu

**Ateso:** Emopim Lo Apolon

**Kumam:** Tutui

**Edible Part:**

Fruit.

**Preparation method:**

Fruit eaten directly when ripe.

**Other Uses:**

Leaves extract halts bleeding when directly applied on wounds.

*\*Roots believed to deflect hailstones from destroying the crops when placed in the garden.*

**Season of availability:**

wet season June - August

**Management and sustainability practice:**

Non-domesticated

**Status:**

Readily available in the wild

## *Hymenocardia acida* Tul.



**Family:** Euphorbiaceae

**English:** Large red-heart/Heart-fruit

**Acholi:** Acoga

**Kumam:** Acoga

**Ateso:**



**Edible Part:**

Fruits.

**Preparation method:**

Ripe fruit- eaten directly

**Other Uses:**

Root –treating measles relieves labor pain, cures gonorrhea.

Roots are burnt to cast out spirits on possessed people.

**Season of availability:**

All seasons

**Management and sustainability practice:**

Protected in the wild by local people.

**Status:**

Non-domesticated rare in the wild

## Ipomea pp.



**Family:** Convolvulaceae

**English:** Swamp morning glory

**Acholi:** Kado kulu

**Ateso:** Emolodo

**Kumam:** Not known

**Edible Part:**

Leaves.

**Preparation method:**

Leaves are eaten as vegetables.

**Other Uses:**

Whole plant and root extract treat ulcers.

Dried whole plant is burnt and used as sodium bi-carbonate.

**Season of availability:**

February- November

**Management and sustainability practice:**

Protected in the wild by local people.

**Status:**

Non-domesticated but readily available in the area of distribution (Moist soil)

## Ipomea spp.



**Family:** Convolvulaceae

**English:** Morning Glory

**Acholi:** Pado wi akuri

**Ateso:**

**Kumam:** Chetawule

**Edible Part:**

Leaves.

**Preparation method:**

Leaves are eaten as vegetables, after boiling and pasting.

**Other Uses:**

None

**Season of availability:**

May - October

**Management and sustainability practice:**

Protected by local people.

**Status:**

Non-domesticated but readily available in the wild.

## Justicia spp.



**Family:** Acanthaceae

**English:**

**Acholi:** Ladyel ki col

**Ateso and Kumam:** Not known



**Edible Part:**

Leaves.

**Preparation method:**

Leaves are boiled, pasted and eaten as green vegetable.

**Other Uses:**

None

**Season of availability:**

January-march

**Management and sustainability practice:**

None.

**Status:**

Non-domesticated but readily available in wild.

## Lantana camara L.



**Family:** Verbenaceae

**English:** Common lantana

**Acholi:** Abel winyo

**Ateso:** Elatana

**Kumam:** Lantana

**Edible Part:**

Fruits

**Preparation method:**

Black ripe fruits eaten directly.

**Other Uses:**

Leaves and roots.

Its roots mixed with *Hoslundia opposita* pounded and the extract is used for treating Epilepsy.

Dried leaves used for deterring pests during storage.

**Season of availability:**

Fruit available from April-May,

**Management and sustainability practice:**

None.

**Status:**

Non-domesticated but readily available in wild.



## Maerua spp



**Family:** Capparaceae

**English:** Wild Caper Bush

**Ateso:** Ediol

**Acholi:** Ojegwee

**Kumam:** Not known

**Edible Part:**

Leaves.

**Preparation method:**

Leaves are eaten as vegetables, boiled and pasted.

**Other Uses:**

Leaves are used as dewormer.

Stems are used as tooth brushes.

Roots - are used for treating measles and insomnia.

**Season of availability:**

October - May

**Management and sustainability practice:**

Protected by local people.

**Status:**

Non-domesticated but readily available.

## Mondia whitei Skeels



**Family:** Asclepiadaceae

**English:** White's-ginger

**Ateso:** Emulondo

**Acholi:** Lurono

**Kumam:** Mulondo

**Edible Part:**

Roots.

**Preparation method:**

Roots are chewed directly-

**Other Uses:**

It is an appetizer and energy booster.

**Season of availability:**

All season.

**Management and sustainability practice:**

None.

**Status:**

Non-domesticated but readily available

## *Oxygonum sinuatum* Dammer



**Family:** Polygonaceae

**English:** Wavy-leaf oxygonum/  
Double thorn

**Acholi:** Amalakwang kuru

**Ateso:** Adwalarach

**Kumam:** Esugugur

**Edible Part:**

Leaves.

**Preparation method:**

Leaves are boiled, pasted and eaten as vegetables.

**Other Uses:**

None

**Season of availability:**

All season

**Management and sustainability practice:**

None.

**Status:**

Non-domesticated but readily available

## *Phoenix reclinata* Jacq.



**Family:** Arecaceae

**English:** Wild date palm/  
Senegal date palm

**Acholi:** Otit

**Ateso:** Asasat

**Kumam:** Otit

**Edible Part:**

Fruits.

**Preparation method:**

Ripe fruits - eaten directly.

**Other Uses:**

Leaves - Used for making crafts (mats, etc).

Stems are used for construction.

**Season of availability:**

December - April

**Management and sustainability practice:**

Protected by local people.

**Status:**

Non-domesticated but readily available in the wild.

## Physalis peruviana L.



**Family:** Solanaceae

**English:** Cape- gooseberry

**Acholi:** Ogwal kongo, Kongo (tonto) ogwal

**Ateso:** Aduduma

**Kumam:** Otongwal

**Edible Part:**

Fruit.

**Preparation method:**

Ripe fruit eaten directly.

**Other Uses:**

None

**Season of availability:**

wet season November - December

**Management and sustainability practice:**

Protected.

**Status:**

Non-domesticated but readily available in the wild.



## Piliostigma thonningii (Schum.) Milne-Redh.



**Family:** Leguminosae

**English:** Camel's foot/ Monkey bread

**Acholi:** Ogali

**Ateso:** Epapai

**Kumam:** Ogali

**Edible Part:**

Fruits.

**Preparation method:**

Fruit- eaten directly when dried.

**Other Uses:**

Stem- burnt for charcoal or dried for firewood.

**Season of availability:**

April – December.

**Management and sustainability practice:**

Protected by local people.

**Status:**

Non-domesticated readily available.





## *Rhus natalensis* Bernh. ex Krauss



**Family:** Anacardiaceae

**English:** Tallow wood /hog plum

**Acholi:** Awaca waca

**Ateso:** Ewayo/ Epwatet

**Kumam:** Agarawaya

**Edible Part:**

Fruit.

**Preparation method:**

Ripe fruits eaten directly.

**Other Uses:**

Stem-for making toothbrush, construction.

**Season of availability:**

June -July

**Management and sustainability practice:**

Protected by local people.

**Status:**

Non-domesticated but readily available in the wild.

## *Phyllanthus muellerianus* (Kuntze) Exell



**Family:** Phyllanthaceae

**English:**

**Acholi:** Larorogo

**Ateso:** Elepulepu

**Kumam:** Opokcilo

**Edible Part:**

Fruits.

**Preparation method:**

Ripe fruits eaten directly.

**Other Uses:**

None

**Season of availability:**

Dry season (November –December).

**Management and sustainability practice:**

Protected by local people.

**Status:**

Non-domesticated but readily available in wild.



## *Saba comorensis* (Bojer) Pichon



**Family:** Apocynaceae

**English:** Rubber vine

**Acholi:** pwomo/ Fomo

**Ateso:**

**Kumam:** Ekum



**Edible Part:**

Fruits.

**Preparation method:**

Ripe fruits are eaten directly.

**Other Uses:**

Stem for construction.

Stem sap- for glue.

**Season of availability:**

July -December.

**Management and sustainability practice:**

Protected by local people.

**Status:**

Non-domesticated, common in wetlands where they are easily available in wetlands.

## *Sclerocarya birrea* Hochst.



**Family:** Anacardiaceae

**English:** Marula

**Acholi:** Odoo-lagodyangs

**Ateso:** Ekajikaj

**Kumam:** Ejikai

**Edible Part:**

Fruits.

**Preparation method:**

Juice is obtained from the ripe fruit by smashing and filtering

**Other Uses:**

Fruit-juice for stomach cleansing and treating thyroid gland swelling.

Stem dried for firewood

**Season of availability:**

Wet season March- September

**Management and sustainability practice:**

Protected by local people.

**Status:**

Non-domesticated but rare in the wild.

## *Senna obtusifolia* (L.) H.S.Irwin & Barneby



**Family:** Caesalpiaceae

**English:** American Sicklepod

**Acholi:** Oyado

**Ateso:** Eodo

**Kumam:** Oyado

**Edible Part:**

Leaves.

**Preparation method:**

Leaves eaten as vegetables after boiling and pasting.

**Other Uses:**

Stem- used as toothbrush.

Roots-roots chewed and stops vomiting.

Leaves for medicinal use as anti-inflammatory for breast by directly sticking leaves on the breast.

Seeds are crushed, mixed with water and drunk as snake anti-poison (snake bite victim vomits).

**Season of availability:**

April – December (eating fresh leaves).

January – March (eating dried leaves).

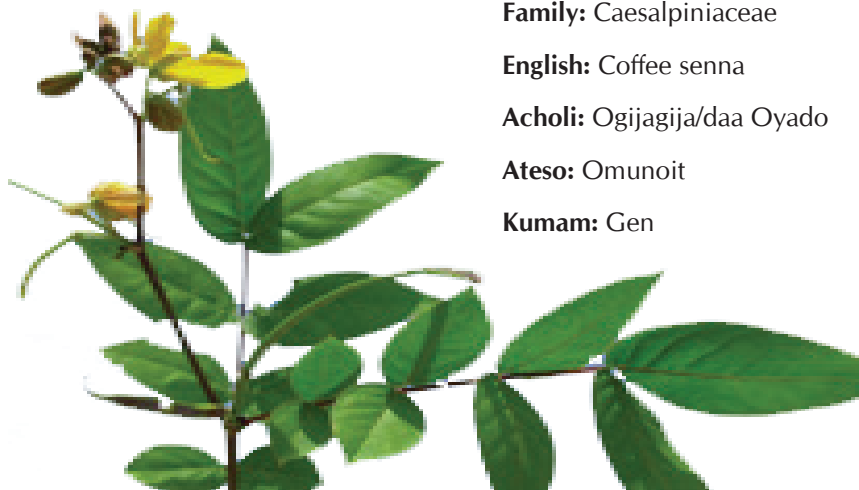
**Management and sustainability practice:**

Protected tending towards domestication.

**Status:**

readily available in the wild and at home.

## *Senna occidentalis* (L.) Link



**Family:** Caesalpiaceae

**English:** Coffee senna

**Acholi:** Ogijagija/daa Oyado

**Ateso:** Omunoit

**Kumam:** Gen

**Edible Part:**

Leaves.

**Preparation method:**

Leaves boiled, pasted and eaten as vegetables.

**Other Uses:**

Stem-for toothbrush.

**Season of availability:**

All season.

**Management and sustainability practice:**

Protected by local people.

**Status:**

Non-domesticated but readily available in the wild.

## *Sesamum angustifolium* Engl.



**Family:** Pedaliaceae

**English:** Wild simsim

**Ateso:** Atigo akanyumut

**Acholi:** Otigo nyim/otigo lum

**Kumam:** Otigo abal

**Edible Part:**

Leaves.

**Preparation method:**

Leaves eaten as vegetables, mixed with other vegetables and pasted.

**Other Uses:**

Roots- Extract used to clean and treat the uterus after birth.

Leaves - pounded and plaster on the wound to heal. replace with this statement

**Season of availability:**

All seasons.

**Management and sustainability practice:**

Protected by local people.

**Status:**

Non-domesticated readily available.

## *Solanum esculentum* Dun.



**Family:** Solanaceae

**English:** Tomatoes

**Ateso and Kumam:** Asalamejei

**Acholi:** Olii

**Edible Part:**

Fruit and leaves.

**Preparation method:**

Fruit eaten directly or boiled and pasted or mixed with other vegetables.

**Other Uses:**

Leaves mixed with water for treating measles.

Leaves - rubbed directly on the skin for treating skin rashes.

**Season of availability:**

All season with much fruit in July – August.

**Management and sustainability practice:**

Protected by local people.

**Status:**

Tending to domestication and readily available in the wild.

## *Solanum nigrum* L.



**Family:** Solanaceae

**English:** Black night shade/  
common night shade/sunberry/  
Wonderberry

**Acholi:** Ocuga

**Ateso:** Ecigwa

**Kumam:** Acuga

**Edible Part:**

Leaves and Black ripe fruits.

**Preparation method:**

Black ripe fruits eaten directly.

Leaves are steamed and eaten as vegetables  
and or boiled and pasted.

**Other Uses:**

Leaves-treats stomach ache and headache.

**Season of availability:**

January-march June to December.

**Management and sustainability practice:**

Protected in the wild.

**Status:**

Domesticated and readily available in the  
wild.

## *Strychnos innocua* Delile



**Family:** Loganiaceae

**English:** Natal orange

**Acholi:** Lakwakwalo

**Ateso:** Eturukuku

**Kumam:** Akwalakwala

**Edible Part:**

Fruit.

**Preparation method:**

Fruit eaten directly.

**Other Uses:**

Stem - for construction, firewood and for  
toothbrush.

**Season of availability:**

Dry season December – February.

**Management and sustainability practice:**

Protected in the wild by local people.

**Status:**

Non-domesticated but readily available in  
the wild.



## *Syzygium guineense* DC.



**Family:** Myrtaceae

**English:** Water berry, water pear, snake bean tree.

**Acholi:** Kano

**Ateso:** Ejambula

**Kumam:** Sambarao

**Edible Part:**

Fruit.

**Preparation method:**

Fruit eaten directly.

**Other Uses:**

Stem for timbers, firewood and charcoal.

**Season of availability:**

September – October.

**Management and sustainability practice:**

Protected in the wild by local people.

**Status:**

Non-domesticated but readily available in the wild.

## *Tamarindus indica* L.

**Family:** Leguminosae

**English:** Tamarind/ Indian date

**Acholi:** Cwaa

**Kumam:** Cwaya

**Ateso:** Epeduru

**Edible Part:**

Fruits

**Preparation method:**

Fruit eaten directly or as juice or mixed with porridge

**Other Uses:**

Stem used for firewood when dried.

Whole plant – provides shades and used as windbreaks. Flowers-provides nectars for bees.

**Season of availability:**

November - January

**Management and sustainability practice:**

Protected in the wild and near homes.

**Status:**

Non-domesticated but protected in the wild readily available in the wild.



## *Vangueria apiculata* K. Schum.



**Family:** Rubiaceae

**English:** Triangle-flowered wild-medlar

**Acholi:** Amalera

**Ateso:** Emaler

**Kumam:** Emaler

**Edible Part:**

Fruit.

**Preparation method:**

fruits eaten directly.

**Other Uses:**

Stem-firewood and construction.

**Season of availability:**

dry season November – March.

**Management and sustainability practice:**

Protected in the wild.

**Status:**

Non-domesticated but very rare in the wild.

## *Vigna unguiculata* (L.) Walp.



**Family:** Fabaceae

**English:** Cowpea

**Acholi:** Boo, oyek / ayom

**Ateso:** Mamai Eboo

**Kumam:** Boyo yom

**Edible Part:**

Leaves.

**Preparation method:**

Leaves are boiled, pasted and eaten as vegetables.

**Other Uses:**

None

**Season of availability:**

Wet season March-April.

**Management and sustainability practice:**

None.

**Status:**

Non-domesticated but readily available in the wild.

## *Vigna* spp



**Family:** Leguminosae

**English:** Wild Cowpea

**Acholi:** Lugwec

**Ateso:** Eboo

**Kumam:** Boyo

**Edible Part:**

Leaves

**Preparation method:**

Leaves-eaten as vegetable after boiling and pasting.

**Other Uses:**

None

**Season of availability:**

All season.

**Management and sustainability practice:**

None.

**Status:**

Non-domesticated but readily available in the wild.

## *Vitellaria paradoxa* C.F. Gaertn.



**Family:** Sapotaceae

**English:** Shea butter nut

**Lamwo:** Yaa

**Omoro:** yaa

**Ateso:** Ekungur

**Kumam:** Engur/Yau

**Edible Part:**

Fruit and seeds.

**Preparation method:**

Fruits-eaten directly, Seeds- provides oil by hot or cold pressing.

**Other Uses:**

Barks- extract used to treat diarrhea,

Oil extract residue used as bait in traps.

Stem used for timbers and making drums.

Stem sap used to stop bleeding.

**Season of availability:**

April-July

**Management and sustainability practice:**

Protected in the wild by local people.

**Status:**

Non-domesticated but readily available in the wild.



## *Vitex doniana* Sweet



**Family:** Lamiaceae

**English:** Black plum

**Acholi:** Oywelo

**Ateso:** Ewelu/ Ekarukwei

**Kumam:** Owelu



**Edible Part:**

Fruits.

**Preparation method:**

Ripe fruits eaten directly.

**Other Uses:**

Stem-for firewood when dried.

Whole plant-for shade and windbreak.

Flowers in flowering season boost apiculture by providing nectars

**Season of availability:**

August - February

**Management and sustainability practice:**

Protected by local people in the wild.

**Status:**

Non-domesticated but readily available in the wild.

## *Vitex madiensis* Oliv.



**Family:** Lamiaceae

**English:** Rough fingerleaf

**Acholi:** Oywelo too

**Ateso:** Ekarukei

**Kumam:** Owelu atino

**Edible Part:**

Fruits.

**Preparation method:**

Ripe fruit eaten directly. Stem-for firewood when dried.

**Other Uses:**

Whole plant-for shade and windbreak.

Flowers in flowering season boost apiculture by providing nectars.

**Season of availability:**

August - February

**Management and sustainability practice:**

Protected in the wild by local people.

**Status:**

Non-domesticated but readily available in the wild.



## *Ximenia Americana* L.



**Family:** Olacaceae

**English:** False sandalwood

**Acholi:** Olelemo

**Ateso:** Elamai

**Kumam:** Olemo

**Edible Part:**

Fruit.

Preparation method:

Fruits-eaten directly.

**Other Uses:**

leaves

Leaf filtrate obtained after boiling is used to boost milk production in Lactating Mothers

**Season of availability:**

wet season, April – June.

**Management and sustainability practice:**

Protected by local people.

**Status:**

Non-domesticated abundant in the area of distribution.

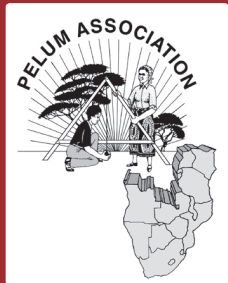
## CONCLUSION AND RECOMMENDATIONS

Living in a generation characterized by rapidly changing dietary habits, it's crucial to document all our edible wild plant species and their associated knowledge before they are lost. Conversely, there is substantial growth in use of functional foods (which usually include most wild edible plants) which are considered healthier and medicinal. Documentation and profiles of wild edible plants and their associated knowledge is the among the first steps in enhancing the appreciation, utilization and conservation of the species among individuals belonging to different generations. The next strategies may include:

1. Domestication and systematic and sustainable commercialization of target wild edible plant species
2. Improved public awareness on the diversity, conservation and sustainable use of wild edible food plants within schools, tertiary institutions and other social groups and religious institutions.
3. Government and other development partners should recognize the contribution of wild edible food plants as a coping strategy for communities during adverse conditions and thus further the conservation of key wild food plants.

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