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Wild Edible Plants in Angola: Diversity, Traditional Uses, Phytochemical Properties, and Socio-Economic Potential

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ABSTRACT

With almost 7000 native species, Angola is one of the African countries with the most remarkable plant diversity. Rural communities use many wild plants daily to fulfill various needs, particularly as food. This study aimed to explore the diversity and uses of wild edible plants (WEP) in Angola, through a literature review, consultation of herbarium collections, and fieldwork by the first author. Through an analysis of databases, books, and scientific articles, and consulting herbarium records, it was possible to identify 199 WEP used in Angola. The main types of plants with edible parts were trees, annual and perennial herbs, shrubs and sub-shrubs, and, to a lesser extent, lianas and herbaceous vines, which are found in forests, woodlands, riverbanks, and gallery forests, as well as in fallows and disturbed places. The most consumed parts of plants are fruits, seeds, leaves, and, to a lesser extent, the underground parts. Many of these plants have great economic value, serving as both food sources and additional income for rural families. The identification and characterization of WEP has enabled a deeper understanding of the country's plant genetic resources, which can help improve food security and promote the sustainable use of natural resources in Angola.

1 | Introduction

Angola is a country with great physiographic, climatic, and biological diversity, featuring a variety of biomes and ecoregions. With an unusual and rich biodiversity, Angola is one of the African countries with the highest plant diversity, with almost 7000 species described (Figueiredo and Smith 2008). However, the scientific literature on Angolan biodiversity is limited compared to other African countries (Huntley et al. 2019).

Studying a country's economic flora can be both simpler and more challenging than studying general flora. Research into the practical uses of plants requires significant time and patience (Ficalho 1884). Many plant species fulfill the basic needs of rural populations in Africa, providing essential ecosystem services, and two of the most important uses of plants are for food and medicine, with many serving dual purposes as nutraceuticals (Akinola et al. 2020). Traditional knowledge of their uses and properties is a valuable cultural asset for local communities, though it is sometimes threatened by cultural erosion. Baumgärtel et al. (2022) note that tropical fruit production in Africa is largely dominated by species from Asian and American countries, despite indigenous species being better adapted to local conditions. Only a small proportion of Africa's more than 2000 native food plants are utilized, with even fewer being cultivated or sold (National Research Council 2008). Thus, some African food crops can offer a viable alternative to conventionally

imported foods. Many WEPs and indigenous and traditional food crops, such as *Adansonia digitata*, *Amaranthus viridis*, *Sclerocarya birrea*, *Stychnos spinosus*, and *Vigna* spp. retain potential to promote resilience within the food systems and enhance food and nutrition security (Akinola et al. 2020; Mashau et al. 2022; Pichop et al. 2016). Moreover, local foods play a crucial role for rural families, and their sustainable use can help protect fragile ecosystems (Shackleton and Shackleton 2004). Wild plants play a particularly vital role in the food supply, industry, and overall economy of less developed societies, making them especially important in rural communities. The roots, fruits, leaves, and other parts of wild plants provide food; the wood and fibrous bark of forest trees are used in construction, and the production of domestic utensils, and various plants serve as rich medicinal resources for traditional healers (Ficalho 1884). These represent key ecosystem provisioning services traditionally used by rural African communities, who have in-depth knowledge of their properties and uses that should be documented and validated (Mothupi and Shackleton 2025). However, the degradation of forest vegetation and the erosion of ethnobotanical knowledge are jeopardizing the preservation and valorization of these phytogenetic resources. While these plants are of great importance due to their traditional use, they also have potential as the basis for developing innovative food products, a prospect that has attracted research interest in recent years (Gul et al. 2015; Hamzah et al. 2013; Muyonga et al. 2018). Many traditional African foods are known for their numerous functional properties that can prevent or treat a wide variety of diseases. These foods hold great potential not only for combating malnutrition and nutritional deficiencies but also for improving overall health, particularly in addressing issues related to overnutrition and obesity, noncommunicable inflammatory diseases, metabolic disorders, and digestive system dysfunctions (Albuquerque et al. 2014; Ferreira et al. 2016; Iwu 2016; Ötles 2012).

Ethnobotany is the study of the relationship between people and plants, focusing on how these plants are used as resources (Alcorn 1995). It allows insights into how communities classify, manage, and use plant species, serving as a tool for natural resource management by identifying and enhancing potential uses and protecting traditional knowledge. This approach supports local development through new socio-environmental solutions and promotes economic development (Rocha et al. 2015). Ethnobotanical data collection methodologies help to uncover the value of plants to communities and, based on their reported properties and uses, can identify species with bioactive and/or nutritional potential for further analysis (Albuquerque et al. 2014; Heinze et al. 2017). Additional information about plant uses can also be gathered from herbarium collections, which serve as repositories for identifying and characterizing species. The importance of museum and herbarium collections is especially significant in countries with rich biodiversity, such as Angola (Figueira and Lages 2019).

Several studies have highlighted the importance of wild food plants in Angola, both as valuable natural resources and as a complementary food source, as well as an additional income stream for many families (Kissanga et al. 2021). For example, the retail sale of *mfumbwa* (*Gnetum africanum* Welw.) in Uíge city has improved the socioeconomic conditions of trading families, helped combat unemployment, and supplemented family incomes (Mawunu et al. 2021). In the southern region, several non-woody forest products are sold in local markets, including wild herbaceous plants known locally as *lombis*, and wild fruits (Kissanga et al. 2021; Tchamba 2019). These products, along with edible mushrooms, are commonly used in local diets and are often sold along roadsides by collectors, primarily women and young people, and in local and city markets (Bastos et al. 2023a; Kissanga et al. 2022). However, despite their importance as a food source and primary therapeutic strategy for many communities, the full potential of Africa's medicinal and edible flora remains underexplored and requires further evaluation to enhance its use and value.

Traditional knowledge, transmitted through generations over millennia, serves as a basic source of information about the uses and properties of fauna and flora, a knowledge base highly valued by the Angolan people. Noteworthy contributions have come from various experts in Angolan flora, such as Friedrich Welwitsch, John Gossweiler, Arthur Exell, Joaquim Brito Teixeira, among others, who recognized the extensive knowledge that local populations possess about the ecological, medicinal, nutritional, and economic potential of the country's flora (Figueiredo and Smith 2008). This information can help to preserve and validate traditional knowledge, providing valuable tools for decision-makers and planners to design effective conservation and development practices, and promote the sustainable use of natural resources, especially non-wood forest products. Despite Angola's rich botanical diversity and the wealth of traditional knowledge on wild plant uses, there is still limited documented information on useful wild plants.

The main objective of this work is to investigate the diversity of species and uses of wild edible plants (WEPs) in Angola, as documented in the literature and herbarium collections, complemented by ethnobotanical information collected by the first author. The aim is to record the WEP species used, characterize their food uses, and provide information that can promote future studies on their consumption, sustainable use, and integration into local diets.

2 | Materials and Methods

2.1 | Study Site

Angola is a vast country in southern Africa with a surface area of 1,246,700 km^2. The country has a long coastline and a central plateau bordered by Namibia to the south, Zambia and the Democratic Republic of the Congo and Congo Republic to the East and North, and the Atlantic Ocean to the West (Figure 1). Luanda, the capital, Lubango, Huambo, and Benguela are the largest cities. In 2022, it had a population of more than 33.08 million people from several ethnolinguistic groups, mainly Bantu-derived. The climate is semiarid in the southwest, and along the coast to Luanda; to the north, it has a cool, dry season (May to October) and a hot, rainy season (November to April). The Angolan territory presents a great diversity of ecosystems, comprising 15 WWF (World Wildlife Fund) ecoregions (Huntley 2023). Administratively, it comprises 21 provinces: Bengo, Benguela, Bie, Cabinda, Cuando, Cubango, Cuanza-Norte, Cuanza-Sul, Cunene, Huambo, Huila, Icolo e Bengo, Luanda, Lunda-Norte, Lunda-Sul, Malanje, Moxico, Moxico Leste, Namibe, Uige, and Zaire (Figure 1).

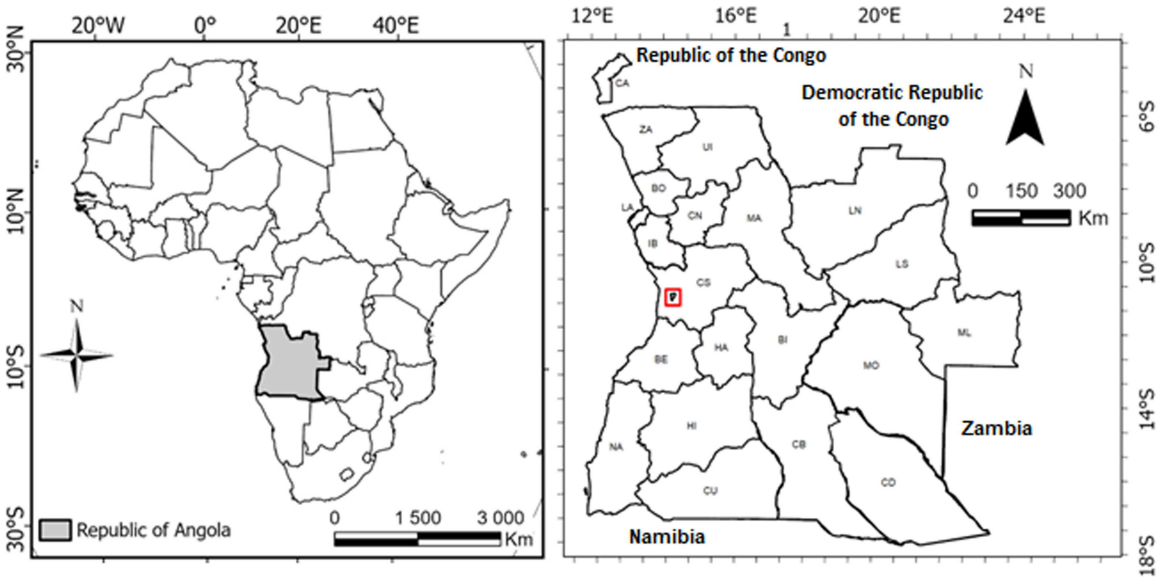

FIGURE 1 | Administrative map of Angola. Names and abbreviations of provinces: BO—Bengo; BE—Benguela; BI—Bié; CA—Cabinda; CD—Cuando; CB—Cubango; CN—Cuanza Norte; CS—Cuanza Sul; CU—Cunene; HA—Huambo; HI—Huíla; IB—Icolo e Bengo; LA—Luanda; LN—Lunda Norte; LS—Lunda Sul; MA—Malanje; MO—Moxico; ML—Moxico leste; NA—Namibe; UI—Uíge; ZA—Zaire. A red box marks Conda municipality, in Cuanza Sul province. (Map created by Ana Cabral.).

2.2 | Data Collection

The information on the use of WEP in Angola was searched in published and unpublished sources and online databases. Unpublished reports and theses from colonial times to the present were searched in the former Tropical Research Institute of Portugal (IICT) library, presently at the National Museum of Science and Natural History (MNHN, University of Lisbon). Doubts about the uses of the species were clarified by consulting the vouchers of harvests made in Angola since colonial times, housed at the LISC Herbarium of Lisbon University. The correctness of the species names and the synonymy, the inclusion of the species in families, and the distribution ranges were checked at the African Plant Database and POWO (African Plant Database 2024; POWO 2024).

The online database Google Scholar was searched for publications on the edible wild plants of Angola using the keywords "Angola" and "Ethnobotany," "Angola" and "Edible plant," and "Angola" and "Nutraceutical potential." Also, the first author collected ethnobotanical information through interviews with local traditional and administrative authorities, and with members of local communities and market vendors, in the Conda municipality, Cuanza Sul province, during the fieldwork campaign for her PhD, in December 2022 and January 2023.

2.3 | Ethnobotany, Identification, and Characterization of Species

A set of characteristics for the edible species found in the search was obtained from literature, herbarium vouchers, personal knowledge, and fieldwork done by the first author.

State of consumption—The state in which the plant is consumed, namely: *in natura* (consumption without any prior processing, typical of most fruits); or processed (consumption after some process of preparation or transformation), namely: boiled, cooked, dried, roasted.

Plant parts used—The parts of plants consumed were classified as fruits, gum, leaves, stem branches, seeds, rhizomes, roots, sap, stalk, trunk bark, and tubercles.

Consumption classes—The main types of consumption of edible plants are classified as fruit (edible pericarp or nut); seed (grain or pulse); vegetable (usually leaves or branches consumed as side-dishes or stewed); root (root or tubercle); condiment (small portions used as flavorings); drink (used to make beverages); others.

Distribution range—The species were classified into three groups: Endemic (species endemic to Angola), Native non-endemic (species native to Angola but occurring elsewhere), and Naturalized exotic (non-native species introduced and naturalized in Angola). The status of these species was checked according to Figueiredo and Smith (2022).

3 | Results and Discussion

3.1 | Diversity of Families, Species, Life Forms, and Habitats

Table 1 summarizes the results of the characterization of the WEP found in Angola, and the Supporting Information S1: Figure S1 shows the distribution status of the species and families. From the 199 species of WEP identified in the Angolan flora, distributed in 60 families and 138 genera, 152 are native, four are endemic to the country, and 43 are introduced and naturalized. The most representative families in terms of the number of edible species are Fabaceae (19 species), Apocynaceae (13), Malvaceae (11),

TABLE 1 | Wild edible plant species recorded in Angola (see abbreviations at the end).

Species	Life form	Habitat and ecology	Status	Parts used	Class of consumption	State of consumption	Other uses	Common names	Angolan provinces	References
Achariaceae										
Caloncoba welwitschii (Oliv.) Gilg Syn.: *Oncoba welwitschii* Oliv.; *Oncoba laurentii* De Wild. & T. Durand	T	Forest	N	Fr	Fr	In	Me	mbamba; mandanga	UI	3, 4, 14
Amaranthaceae										
Amaranthus caudatus L. Syn.: *A. quitensis* Kunth	Ah	Disturbed places; fallow land; thicket clearings	NE (Am)	Yb	Ve	Pr (Bb)	Af; Me; Ev; S	jimboa; mboa; kimboa; mulenje		1, 5, 6, 7, 8, 10, 15
Amaranthus spinosus L. Syn.: *A. spinosus* f. inermis Lauterb. & K. Schum.; *A. spinosus* var. *basiscissus* Thell.	Ah	Disturbed places; fallow land	NE (Am)	Yb	Ve	Pr (Bb)	Af; Me; Ev; S	jimboa; otyihindi or omumboa		1, 6, 8, 10, 15
Amaranthus tricolor L. Syn.: *A. tricolor* subsp. *tristis* (L.) Aellen	Ah	Fallow land; disturbed places	NE (Am)	Yb	Ve	Pr (Bb)	Af; Me; Ev; S	jimboa		1, 6, 8, 10, 15
Amaranthus viridis L. Syn.: *A. gracilis* Desf.	Ah	Disturbed places; fallow land; margins of rivers and lakes	NE (Am)	Yb	Ve	Pr (Bb)	Af; Me	jimboa	CS	1, 7, 8, 10, 15
Chenopodiastrum murale (L.) Fuentes, Uotila & Borsch Syn.: *Chenopodium. murale* L.	Ah	Disturbed places	NE (NAfr; Eu; As)	Lv; S; St;	Ve	Pr (Ck)	Me; Af; Ev	pé-de-ganso		1, 7, 15
Anacardiaceae										
Anacardium occidentale L. Syn.: *A. microcarpum* Ducke	T	Woodland	NE (Am)	Fr	Fr	In	Me; Po; Ev; Af; S; Ff	cajueiro	BO/IB; LA; MA; ZA	1, 5, 6, 7, 8, 15
Spondias mombin L. Syn.: *S. lutea* L.	T	Woodland; savannah woodland; margins of rivers and lakes	NE (Am)	Fr	Fr	In	Me; Po; Ev; Af; S; Ff	munguengue	BE; CA; CN; LA; MA; UI	1, 5, 6, 7, 8, 15
Pseudospondias microcarpa (A. Rich.) Engl. Syn.: *Spondias microcarpa* A. Rich.	T	Forest; gallery forest; margins of rivers and lakes	N	Fr	Fr; Dr	In; Pr		mussondo; kisantu; nviwua	CN; MA; ZA; UI	1, 4, 5, 6, 8, 15
Trichoscypha acuminata Engl. Syn.: *T. ferruginea* Engl.	T	Forest; margins of rivers and lakes	N	Fr	Fr; Dr	In; Pr		kinvuto or zinvuta; mvuta	CA	1, 5, 6, 8, 10, 15

(Continues)

TABLE 1 | (Continued)

Species	Life form	Habitat and ecology	Status	Parts used	Class of consumption	State of consumption	Other uses	Common names	Angolan provinces	References
Sclerocarya birrea (A. Rich.) Hochst. Syn.: *Spondias birrea* A. Rich.	T	Woodland	N	Fr	Fr	In		omungongo; ngongo; omuhongo; ongongo; omuangu; elume-ngongo; onkhandi-kaxama; marula	BE; CN; CS; CU; HI; LA; NA	1, 5, 6, 9, 10, 15
Anisophylleaceae										
Anisophyllea boehmii Engl. Syn.: *A. gossweileri* Engl. & Brehmer	T	Woodland	N	Fr	Fr; Dr	In; Pr		lohengo; mufango	BI; CD/CB; CS; HA; HI; LS; MA; MO/ML	1, 6, 8, 15
Anisophyllea quangensis Engl. ex Henriq. Syn.: *A. poggei* Engl.	Su	Woodland; savannah woodland	N	Fr	Fr	In	Me	mfungu; gifungu; bilasoba	UI	1, 3, 4, 9, 15
Annonaceae										
Annona nana Exell Syn.: *A. stenophylla* subsp. *nana* (Exell) N. Robson	Su or S	Woodland	N	Fr	Fr	In		iôlo; maiola; omuyolo; ayolo-ayolo	BI; HI	3, 5, 6, 7
Annona senegalensis Pers. Syn.: *A. senegalensis* Pers. var. *senegalensis*; *A. senegalensis* Pers. subsp. *senegalensis*	S or T	Woodland	N	Fr	Fr	In		dilôlo; ambulo; malôlo; maiôlo; iôlo; dilolu-à-mbulu; nlolo; kambulu; mfuilu	CA; CD/CB; CN; CS; HA; HI; MA; MO/ML; UI	1, 5, 6, 8, 9, 15
Annona stenophylla subsp. *cuneata* (Oliv.) N. Robson Syn.: *A. cuneata* (Oliv.) R.E. Fr.; *A. senegalensis* Pers. var. *cuneata* Oliv.	Su or S	Woodland	N	Fr	Fr	In		iôlo; malôlo; dilolo-ambúlo; eiolo; omuyola; dilolo; mulolo; maiôlo	BI; CN; CS; HA; HI; LS; MA; MO/ML; UI; ZA	1, 6, 8, 10, 15
Annona stenophylla subsp. *longipetiolata* (R.E. Fr.) N. Robson Syn.: *A. longepetiolata* (R.E. Fr.) Robyns & Ghesq.	Su or S	Woodland	N	Fr	Fr	In		iôlo; maiola; omuyolo; ayolo-ayolo	BE; CS; LN; MA; MO/ML	1, 6, 8, 15
Hexalobus monopetalus (A. Rich.) Engl. & Diels Syn.: *Uvaria monopetala* A. Rich.	S or T	Savannah; woodland	N	Fr	Fr	In		munkuma; omunkuma	CD/CB; CU; HI; NA	1, 6, 8, 15

(Continues)

TABLE 1 | (Continued)

Species	Life form	Habitat and ecology	Status	Parts used	Class of consumption	State of consumption	Other uses	Common names	Angolan provinces	References
Monodora myristica (Gaertn.) Dunal Syn.*: Annona myristica Gaertn.*	T	Woodland	N	S	Co	Pr	Me	mpeve	CA; CN; LA; UI; ZA	6, 14, 15
Xylopia aethiopica (Dunal) A. Rich. Syn.: *Unona aethiopica* Dunal	T	Forest	N	Fr; S	Fr; Co	In; Pr (Dr)	Me	kabela; jindungo; n'congo or pimenta-do- congo; pimenta-da-áfrica	CA; CN; CS; LN; ZA	1, 5, 6, 8, 15
Apiaceae										
Lefebvrea grantii (Kingston ex Oliv.) S. Droop Syn.: *Peucedanum grantii* Kingston ex Oliv.; *L. welwitschii* Engl.; *L. benguelensis* Engl.	Ph	Gallery forests; woodland; margins of rivers and lakes; disturbed places	N	T	R	Pr (Bb)		mpepe; kalusanji kafele	BE; BI; BO/IB; CN; CS; HA; HI; LS; MA	1, 6, 8, 10, 15
Apocynaceae										
Ancylobothrys scandens (Schumach. & Thonn.) Pichon Syn.: *Landolphia scandens* (Schumach. & Thonn.) Didr.; *Strychnos scandens* Schumach. & Thonn.	L	Woodland	N	Fr	Fr	In		kituti dia ufele	CA; CN; LS; ZA	1, 6, 8, 10, 15
Carissa spinarum L. Syn.: *C. edulis* (Forssk.) Vahl	S or T	Forest	N	Fr	Fr	In		ngongono; jingongono	CD/CB; CS; CU; HA; HI; LA; ZA	1, 5, 6, 8, 15
Clitandra cymulosa Benth. Syn.: *Pacouria cymulosa* (Benth.) Roberty	L	Forest edges	N	Fr	Fr	In	Me	menga menga; tu menga menga	UI	3, 4, 6, 15
Landolphia buchananii (Hallier f.) Stapf Syn.: *Clitandra buchananii* Hallier f.	S or L	Forest edges	N	Fr	Fr	In	Me	makonge; maboké; maboque	CN; HI; MA; UI	3, 4, 6, 15
Landolphia camptoloba (K. Schum.) Pichon Syn.: *Carpodinus camptoloba* K. Schum.	S	Forest edges	N	Fr	Fr	In	Me	mbungu mbungu	CA; CD/CB; HI; LS; MA; MO/ML; UI; ZA	3, 4, 6, 15
Landolphia congolensis (Stapf) Pichon Syn.: *Carpodinus congolensis* Stapf	L	Forest edges	N	Fr	Fr	In		lieno kikambo	CA; UI	3, 4, 5, 15

(Continues)

TABLE 1 | (Continued)

Species	Life form	Habitat and ecology	Status	Parts used	Class of consumption	State of consumption	Other uses	Common names	Angolan provinces	References
Landolphia dewevrei Stapf	L	Forest edges		Fr	Fr	In		mbungu mbungu	CA; UI	4, 6, 15
Landolphia lanceolata (K. Schum.) Pichon Syn.: *Carpodinus lanceolata* K. Schum.	Su or S	Savannah; savannah woodland	N	Fr	Fr	In	Me	maata	CD/CB; LS; ZA; UI	3, 4, 6, 15
Landolphia owariensis P. Beauv. Syn.: *L. humilis* K. Schum. ex Schltr.; *L. mayumbensis* R.D. Good	L	Forest; woodland	N	Fr	Fr	In	Me	munhangolo; likongue; makonge; mbuebe	BO/IB; CA; CN; MA; UI; ZA	1, 4, 5, 6, 8, 9, 15
Landolphia robustior (K. Schum.) Pers. Syn.: *Clitandra robustior* K. Schum.	L	Forest	N	Fr	Fr	In		matendimba; malombua	CA; UI; ZA	3, 4, 6, 14, 15
Mondia whitei (Hook.f.) Skeels Syn.: *Chlorocodon whitei* Hook.f.	L	Woodland	N	Lv; R	Ve; Co	In; Dr; Pr (Ck)	Me	mundondo; mundi; mindi; londo londo; kimbiolongua	CN; HI; MA; UI	1, 4, 5, 6, 8,11, 15
Raphionacme madiensis S. Moore Syn.: *R. wilczekiana* Germ.	Ah	Savannah woodland	N	R	O	Pr (Ck)		sani	UI	4, 5, 15
Saba comorensis (Bojer ex A. DC.) Pichon Syn.: *Landolphia florida* Benth.; *Vahea comorensis* Bojer ex A. DC.	L	Forest	N	Fr	Fr	In		ditute; dituti; mtute	CA; CN; CS; MA	1, 5, 6, 8, 10, 15
Arecaceae										
Cocos nucifera L. Syn.: *Calappa nucifera* (L.) Kuntze	T	Coastal habitats	NE (As)	Fr	Fr	In	Af; Me; Po; Ev; Ff	dikoko; coqueiro		1, 8, 15
Elaeis guineensis Jacq. Syn.: *E. dybowskii* Hua	T	Woodland; savannah woodland	N	Fr; S	O	In; Pr (Br)	Af; Me; Po; Ev; Ff	dendém		1, 8, 15
Raphia matombe De Wild. Syn.: *R. gossweileri* Burret	S	Swampy forests	N	Sp; Fr	Dr; Fr	Pr; In	S; Me	bordão; matombe; giculo; nkulu	UI	1, 3, 4, 14, 15

(Continues)

TABLE 1 | (Continued)

Species	Life form	Habitat and ecology	Status	Parts used	Class of consumption	State of consumption	Other uses	Common names	Angolan provinces	References
Asparagaceae										
Dracaena camerooniana Baker Syn.: *Draco camerooniana* (Baker) Kuntze	S	Forest	N	R; Lv	Ve	Pr (Ck)	Me	nsala bayakala	UI	4
Asteraceae										
Bidens pilosa L. Syn.: *Kerneria pilosa* L. Lowe	Ah	Fallow land; disturbed places	NE (Am)	Lv	Ve	Pr (Ck)	Af; Me; Po; Ev	dimba; picão preto; pota jambua; kimananganzi; kolokoso; mpote za mbwa	CN; CS; HI; UI	1, 4, 6, 9, 12, 13
Crassocephalum montuosum (S. Moore) Milne-Redh. Syn.: *Gynura montuosa* (S. Moore) Bullock; *Senecio montuosus* S. Moore	Ah	Forest	N	Lv	Ve	Pr (Ck)	Me	bungudia	CN	1, 6, 14, 15
Crassocephalum rubens (Juss. Ex Jacq.) S. Moore Syn.: *Gynura rubens* (Juss. ex Jacq.) Muschl.; *Senecio rubens* Juss. ex Jacq.	Ah	Woodland; savannah woodland	N	Lv	Ve	Pr (Ck)	Me	bungudia; bungudi	UI; ZA	3, 4, 9, 14, 15
Crassocephalum vitellinum (Benth.) S. Moore Syn.: *Gynura vitellina* Benth.	Ah	Woodland; savannah woodland	N	Lv	Ve	Pr (Ck)		bungudi	UI; ZA	3, 4, 15
Vernonella subaphylla (Baker) H. Rob. & Skvarla Syn.: *Vernonia subaphylla* Baker	Ph	Woodland	N	R	R	Pr (Ck)		tamba	UI	3, 15
Galinsoga parviflora Cav. Syn.: *Adventina parviflora* Raf.	Ah	Fallow land; disturbed places	NE (Am)	Lv	Ve	Pr (Ck)	Af; Me; Po; Ev		CS; HI	1, 7, 12, 13
Boraginaceae										
Cordia africana Lam. Syn.: *C. abyssinica* R. Br.	S or T	Woodland	N	Fr	Fr	In	Ua; Fo; Ev	kibosa kia muxitu; elalanku; ialanka; kindenga; kibuba; muianga; umbaga	BE; CN; CS; MA; UI	1, 6, 7, 10, 15
Brassicaceae										
Brassica juncea (L.) Czern. Syn.: *Sinapis juncea* L.	Ah	Disturbed places	NE (As)	Lv	Ve	Pr (Ck)	Af; Ev; Me; Po; S; Ff	mustarda	CN; CS	1, 6, 7, 8, 10, 15

(Continues)

TABLE 1 | (Continued)

Species	Life form	Habitat and ecology	Status	Parts used	Class of consumption	State of consumption	Other uses	Common names	Angolan provinces	References
Burseraceae										
Canarium schweinfurthii Engl. Syn.: *C. occidentale* A. Chev.	T	Cleared forest; secondary forest	N	Fr	Fr	Pr (Ck)	Me	mubafo; n'bafo; mbidi; jimbidi; kinfuabidi; mfuanbidi	CA; CN; MA; UI; ZA	1, 3, 4, 5, 6, 8, 15
Commiphora mollis (Oliv.) Engl. Syn.: *Balsamodendrum molle* Oliv.	S or T	Woodland; herbaceous savannah	N	R	O	Pr	Me; Fo	ngongula; ngonguela; jimbonde; mungolo; obobo; omuleba-bobo; omutela-bobo; omuvovo	BO/IB; CN; CS; HI; NA	1, 6, 8, 10, 15
Dacryodes edulis (G. Don) H.J. Lam Syn.: *Pachylobus edulis* G. Don	T	Primary and secondary forest; gallery forest; swamps	N	Fr	Fr	Pr (Ck)	Me; S	mubafu; n'bafo; dili; mpafu; safú nsafu; safu nkala	CA; CN; ZA; UI	1, 4, 6, 7, 8, 9, 10, 15
Bromeliaceae										
Ananas comosus (L.) Merr. Syn.: *Bromelia comosa* L.	Ph	Secondary thickets	NE (SAm)	Fr	Fr	In	Me; Ev	ananas		1, 6, 8, 15
Cactaceae										
Opuntia ficus-indica (L.) Mill. Syn.: *Cactus ficus-indica* L.	S	Disturbed places	NE (CAm)	Fr	Fr	In	Me; Ev; Af	kikengo; otiambanda; figueira da índia	HI	1, 7, 8, 15
Opuntia stricta (Haw.) Haw. Syn.: *Cactus strictus* Haw.	S	Disturbed places	NE (NAm)	Fr	Fr	In	Me; Ev		LA	1, 6, 7, 8, 15
Caricaceae										
Carica papaya L. Syn.: *C. citriformis* Hook.f.	T	Disturbed places; secondary woodlands and thickets	NE (Am)	Fr	Fr	In	Af; Me; Ev; Po	dillolo-à-mbulo; kikila; mamoeiro; mamão		9, 15
Celastraceae										
Reissantia indica (Willd.) N. Hallé Syn.: *Hippocratea indica* Willd.	L or S	Thickets in ravines and hill slopes; dry deciduous forest; savannas; mopane woodland; fallows	N	Fr	Fr	In		ngunho	BO/IB; CN	1, 6, 8, 15
Chrysobalanaceae										
Chrysobalanus icaco L. Syn.: *C. icaco* L. subsp. *Icaco*	S or T	Woodland; coastal sands	N	Fr; S	Fr; Co	In; Pr (R)	Af; Me; Ev; Ff	n´gimo; jinginvo; jinjivo	BE; LA; ZA	1, 5, 6, 8, 15

(Continues)

TABLE 1 | (Continued)

Species	Life form	Habitat and ecology	Status	Parts used	Class of consumption	State of consumption	Other uses	Common names	Angolan provinces	References
Parinari capensis Harv. Syn.: *P. latifolia* Exell; *P. pumila* Mildbr.	Su	Savannah woodland	N	Fr	Fr	In	Me	guihia; ngia; noxa; mafuka; lubia; luhìa; gihia; kia; salanka	BI; CD/CB; CS; HA; HI; LN; LS; MA; MO/ML; UI	1, 3, 4, 5, 6, 8, 15
Parinari curatellifolia Planch. ex Benth. Syn.: *P. curatellifolia* Planch. ex Benth. subsp. *mobola* (Oliv.) R.A. Graham; *P. mobola* Oliv.	T	Woodland	N	Fr; S	Fr	In		noxa; lubia; mafuka; gibia; mucha; noxa; muhendjo; mbola; jihia; luhia; mutongo; mototoxi; sitixa; omutya; emunhanotha; omutya; ontyanhi; omunia; uka; mutango	BE; BI; CD/CB; CN; CS; HI; LN; LS; MA; MO/ML	1, 6, 8, 10, 15
Cleomaceae										
Cleome gynandra L. Syn.: *Gynandropsis gynandra* (L.) Briq.	Ah	Disturbed places; herbaceous savannah; abandoned fields	N	Lv	Ve	Pr (Ck)	Af; Po; Ev; Me	kadangu; mazâmbue; kasangu; musambe; muzambue; muriangombe	BE; CN; CS; HI; LA; LN; MA	1, 6, 8, 10, 15
Clusiaceae										
Garcinia buchneri Engl. Syn.: *G. edulis* Exell	Su	Woodland; savannah woodland; herbaceous savannah	N	Fr	Fr	In		mundombola; ukondo	BI; CD/CB; HI	1, 6, 8, 10, 15
Garcinia huillensis Welw. ex Oliv. Syn.: *G. gossweileri* Engl.	S or T	Savannah woodland; herbaceous savannah	N	Fr	Fr	In		munguindi; munguindu; omuhintala	HI; LS; MA	1, 6, 8, 10, 15
Garcinia livingstonei T. Anderson Syn.: *G. angolensis* Vesque.	T	Riverine woodland, rocky outcrops; thickets, river banks	N	Fr	Fr	In		fulundundu; njilabe	BO/IB; BE; CN; CS; HI; LA; NA	1, 6, 8, 10, 15
Commelinaceae										
Commelina africana L. Syn.: *C. africana* L. var. *polyclada* C. B. Clarke	Ph	Woodland; savannah woodland; herbaceous savannah; swamps	N	Lv	Ve	Pr (Ck)	Me	dakala; ndakala; ikala	CS	1, 2, 6, 8, 15
Murdannia nudiflora (L.) Brenan Syn.: *Commelina nudiflora* L.	Ah	Margins of rivers and lakes	N	Lv	Ve	Pr (Ck)	Af; Me; S	dakala; ndakala		1, 8, 15

(Continues)

TABLE 1 | (Continued)

Species	Life form	Habitat and ecology	Status	Parts used	Class of consumption	State of consumption	Other uses	Common names	Angolan provinces	References
Costaceae										
Costus afer Ker Gawl. Syn.: *C. sarmentosus* Bojer	Ph	Moist places in forest; forest edges; riverine forest; roadsides	N	St	O	In	Me	nsangalavula	UI	1, 9, 15
Cucurbitaceae										
Acanthosicyos horridus Welw. ex Benth. & Hook.f.	S	Disturbed places	N	Fr	Fr	In		munara; nala; nara; m´nara	NA	1, 5, 6, 8, 15
Cucumis ficifolius A. Rich. Syn.: *C. abyssinicus* A. Rich.	Ph	Woodland	N	Fr	Fr	In		maxixi; kangala; mimbuzu; ntanga-dia-zende; asonyua	BO/IB; BI; LA	1, 8, 10, 15
Cucumis melo L. Syn.: *C. melo* L. subsp. *melo*; *Citrullus melo* (L.) Ozenda	Ah	Woodland; margins of rivers and lakes	N	Fr	Fr	In	Af; Ev; Me; Po; S; Ff	melão	LA	1, 5, 6, 7, 15
Cucumis metuliferus E. Mey. ex Naudin Syn.: *C. tinneanus* Kotschy & Peyr.	Ah	Woodland	N	Fr	Fr	In		maxije; ngolo-ngolo	BI; BE; BO/IB; CD/CB; CN; CS; LA; NA	1, 6, 8, 10, 15
Cucurbita maxima Duchesne ex Lam. Syn.: *C. pepo* var. *maxima* (Duchesne ex Lam.) Delile	Ah	Herbaceous savannah	NE (SAm)	Fr	Fr	In	Af; Ev; Me; S	dinhângua; linhangoa; mudia ua dinhangoa; elenhe; lenga; abóbora menina	BO/IB; CN; LA	1, 9, 15
Melothria sphaerocarpa (Cogn.) H. Schaef. & S.S. Renner Syn.: *Posadaea sphaerocarpa* Cogn.	Ah	Forest	NE (SAm. and CAm)	Fr	Fr	In	Af; Me; Po; S; Ff		CN	1, 5, 8, 15
Momordica cissoides Planch. ex Cogn. Syn.: *M. gracilis* Cogn.	Ah	Secondary forest; herbaceous savannah; disturbed places	N	Fr	Fr	In	Me	maseke; maseso	CA; CN; CS	1, 6, 8, 10, 15
Raphidiocystis chrysocoma (Schumach.) Jeffrey Syn.: *Cucumis chrysocomus* Schumach.	Ph	Woodland	N	Fr	Fr	In		muxixi	CN	1, 6, 8, 15

(Continues)

TABLE 1 | (Continued)

Species	Life form	Habitat and ecology	Status	Parts used	Class of consumption	State of consumption	Other uses	Common names	Angolan provinces	References
Cyperaceae										
Mapania africana Boeckeler Syn.: *M. africana* Boeckeler subsp. *africana*	Ph	Forest; margins of rivers and lakes	N	Fr	Fr	In	D	omupapa	CA	1, 8, 15
Dennstaedtiaceae										
Pteridium centrali-africanum (Hieron.) Alston Syn.: *P. aquilinum* subsp. *centrali-africanum* Hieron.	S	Woodland; savannah woodland	N	Lv	Ve	Pr (Ck)	Me	mitekua; manguelele; mizili; manzelele; ntekua; manzemba nzelele; kinzelele	UI	3, 4, 9, 15
Dioscoreaceae										
Dioscorea dumetorum (Kunth) Pax. Syn.: *D. Triphylla* var. *dumetorum* (Kunth) R. Knuth; *Helmia dumetorum* Kunth	Hc	Savannah woodland; edges and clearings of forest; termite hills; secondary thickets and grasslands; roadsides; river banks	N	R	R or T	Pr (Ck)	Me		UI	1, 9, 15
Dioscorea hirtiflora Benth. Syn.: *D. hirtiflora* Benth. subsp. *hirtiflora*	Hc	Gallery forests; woodland; herbaceous savannah; fallow land	N	R	R or T	Pr (Ck)		kizunzu; tzeza	BO/IB; CN; CS; LS	1, 6, 8, 10, 15
Dioscorea praehensilis Benth. Syn.: *D. cayenensis* var. *praehensilis* (Benth.) A. Chev.	Hc	Gallery forest; fallow land and pastures; swamps; woodland	N	R	R or T	Pr (Ck)		kizari	CN	1, 6, 8, 15
Dioscorea preussii Pax Syn.: *D. preussii* Pax subsp. *preussii*	Hc	Forest edges and clearings; woodland; palm groves	N	R	R or T	Pr (Ck)		ngunda; jingunda	MA	1, 6, 8, 15
Ebenaceae										
Diospyros mannii Hiern Syn.: *D. talbotii* Wernham	T	Forest	N	Fr	Fr	In		maba	CA	1, 6, 8, 15
Diospyros mespiliformis Hochst. ex A. DC. Syn.: *D. bicolor* Klotzsch	T	Margins of rivers and lakes	N	Fr	Dr	Pr (Sfr)		munhandi; mulende; musolveira	BO/IB; CD/CB; CN; CU; HI; NA	1, 5, 6, 8, 15
Euclea lanceolata E. Mey. ex A. DC.	S or T	Forest	N	Fr	Fr	In		mboto; embonto; jimboto; mbôto; jimboto;	BE; HI; NA	1, 5, 8, 10, 15

(Continues)

TABLE 1 | (Continued)

Species	Life form	Habitat and ecology	Status	Parts used	Class of consumption	State of consumption	Other uses	Common names	Angolan provinces	References
Syn.: *E. crispa* (Thunb.) Gürke subsp. *crispa*								mumboto; otinu; omukunia; omunime; omunyime; otyntiko; omundime; otyime; mukunha-utino; ovingongolo; omuonime		
Euphorbiaceae										
Croton mubango Müll. Arg. Syn.: *Oxydectes mubango* (Müll. Arg.) Kuntze	T	Forest	N	Lv; S; Yb	Ve; Co	Pr (Ck)	Me	mubango; mwajule; mbangu mbangu	UI	4
Jatropha curcas L. Syn.: *J. afrocurcas* Pax	T or S	Fallow land; disturbed places	NE	Fr	Fr	Pr (Ck)		mpuluka	UI	1, 9, 15
Manihot esculenta Crantz Syn.: *M. utilissima* Pohl	S or T	Fallow land; disturbed places	NE (SAm)	R	R or T	In; Pr (Ck)	Af; Me; Po; S; Ff	mandioca; kiringu	CN	1, 7, 11, 15
Schinziophyton rautanenii (Schinz) Radcl.-Sm. Syn.: *Ricinodendron rautanenii* Schinz	T	Woodland; mopane woodland on sandy soils	N	Fr	Fr	In		mongongo; omunkete		1, 8, 15
Fabaceae										
Cajanus cajan (L.) Millsp. Syn.: *Cytisus cajan* L.	Ph or S	Disturbed places; herbaceous savannah	NE (As)	S	Gr or Pu	Pr (Ck)	Af; Me; Po; Ev; Ff	jinsonge; nsonje; wandu	HA; UI	1, 6, 7, 8, 9, 15
Dialium angolense Welw. ex Oliv. Syn.: *D. evrardii* Steyaert	T	Woodland; river banks; gallery forests; thickets on lake shores; sandy hills	N	Fr	Fr	In		tamarindo de veludo	CA	1, 5, 6, 8, 15
Dialium englerianum Henriq. Syn.: *D. lacourtianum* De Wild. ex Vermoesen	T	Savannah woodland	N	Fr	Fr	In	Me	mbota; nsamba nzeke; kaboba	CU; UI	3, 4, 6, 15
Eriosema affine De Wild. Syn.: *E. affine* f. *major* Baker f.	Su or S	Woodland; savannah woodland; grassland; thickets; river banks	N	R	Co	Pr		ocisangua	BE; BI; CS; HA; HI; MA	1, 6, 8, 10, 15
Eriosema cordatum E. Mey. Syn.: *E. cordatum* var. *gueinzii* (Sond.) Harv.	Ph or Su	Woodland	N	R	Co	Pr		bundi; mbundi; kakuene; mulava	CS	1, 8, 15

(Continues)

TABLE 1 | (Continued)

Species	Life form	Habitat and ecology	Status	Parts used	Class of consumption	State of consumption	Other uses	Common names	Angolan provinces	References
Eriosema ellipticum Welw. ex Baker Syn.: *E. ellipticum* Welw. ex Baker subsp. *ellipticum*	S	Woodland; grassland; thicket	N	R	Co	Pr		kizângua	HA	1, 6, 8, 15
Inga sp. (probably *I. edulis* Mart).	T	Probably fallows	NE (sAm)	Fr	Fr	In	Me	banana makako; caseleira	CS; UI; MA	9
Lablab purpureus (L.) Sweet Syn.: *Dolichos purpureus* L.	Ah	Woodland; savannah woodland; herbaceous savannah	N	Lv; S	Ve	Pr (Ck)	Me; Af; Ev	papú	CS; LA	1, 2, 6, 15
Parkia filicoidea Welw. ex Oliv. Syn.: *P. bussei* Harms; *P. filicoidea* var. *hildebrandtii* (Harms) Chiov.	T	Herbaceous savannah; primary forest; swamps	N	Fr; S	Fr; Co	In; Pr (Ck)		muzemba	CS	1, 6, 8, 15
Phaseolus lunatus L.	Ph	Herbaceous savannah; disturbed places	NE (SAm. and CAm)	S	Gr or Pu	Pr (Ck)	Af; Po; Me; Ev	kabulu	HA; MA	1, 5, 6, 8, 10, 15
Pseudeminia muxiria (Welw. ex Baker) Verdc. Syn.: *Eriosema muxiria* Welw. ex Baker*; Rhynchosia muxiria* (Baker) Torre	Su	Woodland	E	R	Co	Pr		bundi; mbundi; kakuene; mulava; mxiri	CS; MA	1, 5, 6, 7, 15
Senegalia erubescens (Welw. ex Oliv.) Kyal. & Boatwr Syn.: *Acacia erubescens* Welw. ex Oliv.	S or T	Woodland; rocky outcrops; sandy river banks	N	Gu	O	In		omunona; omuhona; musonguele	BE; HI	1, 8, 10, 15
Sphenostylis stenocarpa (Hochst. ex A. Rich.) Harms Syn.: *Dolichos stenocarpus* Hochst. ex A. Rich.	Ph	Woodland; savannah woodland; margins of rivers and lakes; disturbed places	N	R	R	Pr (Fd; Ck; R)		ohamba		1, 8, 10, 15
Tamarindus indica L. Syn.: *T. erythraea* Mattei; *T. somalensis* Mattei	T	Woodland; margins of rivers and lakes	NE (Md)	Fr	Fr	In		mutamba; ditamba; tamarindeiro	BO/IB; BE; CA; CN; CS; HI; LA; NA	1, 5, 6, 8, 15
Vigna luteola (Jacq.) Benth.	Ah	Woodland; herbaceous	N	S; Lv	Pu; Ve	Pr (Ck)	Af; Me; Ev	kunde	CD/CB	1, 6, 8, 15

(Continues)

TABLE 1 | (Continued)

Species	Life form	Habitat and ecology	Status	Parts used	Class of consumption	State of consumption	Other uses	Common names	Angolan provinces	References
Syn.: *Dolichos luteolus* Jacq.; *Phaseolus. luteolus* (Jacq.) Gagnep		savannah; margins of rivers and lakes; swamps								
Vigna mungo (L.) Hepper Syn.: *Azukia mungo* (L.) Masam.; *Phaseolus mungo* L.	Ah	Woodland	NE (As.)	S	Gr or Pu	Pr (Ck)	Fo; Gm	mungo		1, 6, 8, 10, 15
Vigna stenophylla Harms Syn.: *V. dauciformis* A. Chev.	Ah	Herbaceous savannah	N	S	Gr or Pu	Pr (Ck)		sensenvu	LN	1, 6, 8, 10, 15
Vigna subterranea (L.) Verdc. Syn.: *Glycine subterranea* L.; *V. subterranea* (L.) DC.	Ah	Woodland; herbaceous savannah; margins of rivers and lakes	NE (CAfr)	S	Pu	Pr (Ck)		vondela; castanha de água	BE; CA; CD/CB; HI; LN; MA	1, 6, 8, 9, 15
Vigna unguiculata (L.) Walp. Syn.: *Dolichos unguiculatus* L.; *V. unguiculata* (L.) Walp. var. *unguiculata*	Ah	Woodland; herbaceous savannah; margins of rivers and lakes	N	S; Yb	Gr or Pu; Ve	Pr (Ck)	Af; Me; Ev	makunde; dikunde; rikundi; feijão frade; feijao miudo	LA	1, 5, 6, 8, 15
										9
Gnetaceae										
Gnetum africanum Welw. Syn.: *Thoa africana* (Welw.) Doweld	L	Forest	N	Lv; S	Ve	Pr (Ck)		mfumbwa; nkoko; n'coco	UI	4, 13, 14
Irvingiaceae										
Irvingia gabonensis (Aubry-Lecomte ex O'Rorke) Baill. Syn.: *Mangifera gabonensis* Aubry-Lecomte ex O'Rorke	T	Forest	N	Fr	Fr	In		muiba; méba; musosomba	CA; LN; UI	1, 6, 8, 10, 15
Lamiaceae										
Coleus celsus A.J. Paton Syn.: *Solenostemon robustus* Hiern	Ph	Woodland	N	R	R or T	Pr (Ck)		epumbisamuka	BI; MA	1, 6, 8, 10, 15
Hoslundia opposita Vahl. Syn.: *H. verticillata* Vahl; *H. verticillata* Vahl var. *decumbens* (Benth.) Hiern	S	Woodland	N	Fr; Lv	Fr; Co	In		mahundua; hundua; mahundu; omunduluu	BO/IB; CN; CS; LA; LN; LS	1, 6, 8, 10, 15
Mentha aquatica L. Syn.: *Mentha* × *dumetorum* var. *natalensis* Briq.	Ah or Su	Woodland	N	Lv	Dr	Pr (If)	Me	mucanji	CS	1, 6

(Continues)

TABLE 1 | (Continued)

Species	Life form	Habitat and ecology	Status	Parts used	Class of consumption	State of consumption	Other uses	Common names	Angolan provinces	References
Ocimum americanum L. Syn.: *O.* × *africanum* Lour.	Ah or Su	Woodland	N	Lv	Co; Dr	In; Pr (If)	Me; Ev; S; Po; Af	muelele; kamuelele; olu-na-na; omunyda; omunyoa	CS	1, 6, 8, 10, 15
Ocimum basilicum L. Syn.: *O. basilicum* var. *album* Benth.	Ah or Su	Woodland; disturbed places	NE (As and Au)	Lv	Co; Dr	In; Pr (If)	Me; Ev; S; Po; Af	manjericão; jicão	CS	1, 7, 15
Vitex doniana Sweet Syn.: *V. cuneata* var. *parvifolia* Engl.; *V. cuneata* Schumach. & Thonn.; *V. cienkowskii* Kotschy & Peyr; *V. pachyphylla* Baker	T	Woodland; savannah woodland	N	Fr	Fr	In		muxilu-xilu; npalabidjike; xilonga-longa; txikamba; tchikamba; kikamba	CA; CN; CS; LN; LS; ZA	1, 6, 8, 10, 15
Vitex fischeri Gürke var. *ficheri* Syn.: *V. andongensis* Baker	S or T	Forest	N	Fr	Fr	In		muxilu-xilu; muxillo-xillo	CN; CS	1, 5, 8, 10, 15
Vitex madiensis Oliv. subsp. *madiensis* Syn.: *V. madiensis* Oliv. var. *gossweileri* W. Piep.	S or T	Woodland	N	Fr	Fr	In	Me	muxilu-xilu; omucilu-cilu; mfilu; mufilu	BI; MA; UI	1, 3, 4, 6, 8, 10, 15
Vitex madiensis subsp *milanjiensis* (Britten) F. White Syn.: *V. madiensis* Oliv. subsp. *milanjiensis* (Britten) F. White var. *epidictyodes* (W. Piep.) Verdc.; *V. madiensis* Oliv. var. *milanjiensis* (Britten) W. Piep	S or T	Woodland	N	Fr	Fr	In		muxilu-xilu; mutuatua; mafilu; mfilumfilu	MA; UI	1, 6, 8, 9, 10, 15
Vitex mombassae Vatke Syn.: *V. flavescens* Rolfe; *V. mechowii* Gürke	S or T	Woodland; savannah woodland	N	Fr	Fr	In	Me	muxilu-xilu	MA; HI	1, 6, 8, 10, 15
Lauraceae										
Cinnamomum verum J. Presl Syn.: *C. zeylanicum* Blume	T	Forest	NE (SL)	Tb	Co	Pr (Dr)	Me; Ev; Ff	caneleira		1, 5, 7, 15
Loganiaceae										
Strychnos cocculoides Baker Syn.: *S. dekindtiana* Gilg	T	Savannah woodland	N	Fr	Fr	In	Me	maboke	UI	3, 4, 15
Strychnos pungens Soler. Syn.: *S. occidentalis* Soler.	T	Savanna woodland	N	Fr	Fr	In	Me	maditu; mabumi; bumi; kahola muanda; mbitu	UI; ZA	3, 4, 15

(Continues)

TABLE 1 | (Continued)

Species	Life form	Habitat and ecology	Status	Parts used	Class of consumption	State of consumption	Other uses	Common names	Angolan provinces	References
Strychnos spinosa Lam. Syn.: *Brehmia spinosa* (Lam.) Harv.	S or T	Woodland	N	Fr	Fr	In		àmu; diboke; maboke; maboca; laranja-do-mato; likolo-kolo	BO/IB; CN; CS; HI	1, 5, 8, 15
Lythraceae										
Trapa natans var. *bispinosa* (Roxb.) Makino Syn.: *T. bispinosa* Roxb.	Ah	Woodland	N	Fr	Fr	In		vondela; castanha de água	CS	1, 10, 15
Malvaceae										
Adansonia digitata L. Syn.: *A. situla* (Lour.) Spreng.; *Ophelus sitularius* Lour.	T	Woodland	N	Fr	Fr; Dr	In; Pr		nbondo; embondeiro; mukua; konde; omukua; omukwa; kiboba	BO/IB; BE; CA; CN; CS; HI; LA; NA; UI	1, 5, 6, 9, 10, 11, 15
Cola acuminata (P. Beauv.) Schott & Endl. Syn.: *Sterculia acuminata* P. Beauv.	T	Gallery forests; secondary forest	N	S	Fr; Ap; Co	In; Pr		coleira; riquesu; muquesu; disaku; dikezo	CA; CN; LS; UI; ZA	1, 5, 6, 9, 15
Cola heterophylla (P. Beauv.) Schott & Endl. Syn.: *Sterculia heterophylla* P. Beauv.	T	Forest; fallow land	N	Fr	Fr	In		dibuingiri		1, 8, 13
Cola nitida (Vent.) Schott & Endl. Syn.: *Sterculia nitida* Vent.	T	Woodland	N	Fr	Fr	In		mabuinguiri	CA	1, 5, 15
Corchorus tridens L. Syn.: *C. burmanni* DC.	Ah; Su	Woodland; bushland	N	Lv	Ve	Pr (Ck)		kisanana	CN; LA; MA	1, 5, 6, 10, 15
Dombeya rotundifolia (Hochst.) Planch. Syn.: *D. cerasiflora* Exell; *D. cuanzensis* (Hiern) Welw. ex K. Schum.; *D. gossweileri* Exell; *Xeropetalum rotundifolium* Hochst.	S or T	Woodland	N	Lv	Ve	Pr (Ck)	Fo; Me	mufulé; huku	CN; CS; MA	1, 2, 5, 8, 15
Grewia lasioclada Welw. ex Hiern	S	Woodland	E	Fr	Fr	In		mutamba		1, 8, 15
Grewia lutea Exell	S	Damp woods; margins of rivers and lakes	E	Fr	Fr	In		mutamba	BO/IB; CN; CS; LA	1, 6, 10, 15

(Continues)

TABLE 1 | (Continued)

Species	Life form	Habitat and ecology	Status	Parts used	Class of consumption	State of consumption	Other uses	Common names	Angolan provinces	References
Hibiscus calyphyllus Cav. Syn.: *H. grandifolius* Hochst. ex A. Rich.; *H. wildii* Suess.	Ph or S	Forest; fallow land; savannah woodland	N	Lv; S	Ve; Gr or Pu	Pr (Ck)		kibosa-ka-iala	CN; MA	1, 6, 10, 15
Sterculia setigera Delile Syn.: *S. tomentosa* Guill. & Perr.; *Cola tomentosa* (Guill. & Perr.) Schott & Endl.	T	Woodland; savannah woodland	N	Fr	Fr	In		muxixi; chiche	BO/IB; BE; CN; HA; LA; NA	1, 8, 15
Theobroma cacao L. Syn.: *Cacao minar* Gaertn.	T	Forest	NE (SAm)	Fr; S	Fr; Gr	In; Pr (Dr; R; Cr)	St; Me; Af; Ev; S	cacaúeiro; cacau		1, 8, 15
Marantaceae										
Maranta arundinacea L. Syn.: *M. arundinacea* var. indica (Tussac) Petersen; *M. sylvatica* Roscoe ex Sm.	Ph	Forest	N	Gr	Co	Pr (Dr, Gr)	Me; Ev; Af; S	araruta		1, 8, 15
Melastomataceae										
Calvoa aff. *monticola* A. Chev., Hutch. & Dalziel Syn: *C. monticola* A. Chev.	Ah	Forest	N	Lv	O	O		ixixi	UI	3
Memecylon flavovirens Baker Syn.: *M. cyanocarpum* Gilg; *M. gossweileri* Gilg ex Engl.	S or T	Woodland	N	Fr	Fr; Co	In	Me; W	mukuangu; musele; muzele	BE; BI; CN; CS; HA; HI; LS; MA	1, 6, 8, 15
Tristemma mauritianum J. F. Gmel.	Su or S	Marshy clearings in rainforest; swampy riverine forest	N	Fr	Fr	In	Me	mankondo ma nfnda	CA; CN; LN; LS; MA; UI	1, 3, 4, 6, 9, 15
Moraceae										
Artocarpus altilis (Parkinson) Fosberg Syn: *Sitodium altile* Parkinson	T	Forest	NE	Fr	Fr	Pr (Ck)	Me	fruta pão	UI	1, 9
Ficus ovata Vahl. Syn.: *F. brachypoda* Hutch.; *F. pseudoelastica* Welw. ex Hiern	T	Savannah woodland	N	Fr	Fr	In		ditando		1, 8, 15
Ficus sycomorus L. Syn.: *F. trachyphylla* Fenzl; *F. comorensis* Warb.	T	Woodland	N	Fr	Fr	In		muholu; kuyo; musolu; incendeira; misendeira	CS	1, 6, 8, 15
Treculia africana Decne.	T	Forest; swamp forest	N	Fr; S	Fr; Co	Pr (C; R; Dr)	D	disanha; musanha; mutáli; isa quente; tsungi; nsungi	CA; CN; LA; MA; UI	1, 3, 4, 6, 8, 10, 15

(Continues)

TABLE 1 | (Continued)

Species	Life form	Habitat and ecology	Status	Parts used	Class of consumption	State of consumption	Other uses	Common names	Angolan provinces	References
Trilepisium madagascariense DC. Syn.: *Bosqueia angolensis* Ficalho; *B. welwitschii* Engl.	T	Forest; margins of rivers and lakes	N	S	Gr	Pr (R)	W; D	munguengue-ia-muxito; munguengue ia muchito; okakuana; muholo; nsekenhe; munkenhe	CA; CN; CS	1, 5, 6, 8, 10, 15
Musaceae										
Ensete ventricosum (Welw.) Cheesman Syn.: *Musa ventricosa* Welw.	Ph	Forest; along streams; forested ravines	N	Fr	Fr	In	Ev; Me; Af	dionjo; mabonjo		1, 8, 15
Musa acuminata Colla Syn.: *M. simiarum* Kurz	Ph	Swamps forest	NE (As)	Fr	Fr	In, Pr		dionjo; mahonjo		1, 8, 15
Musa x paradisiaca L. Syn.: *M. acutibracteata* M. Hotta	Ph	Forest	NE (As)	Fr	Fr	In	Ev; Me; Af	dionjo; mahonjo; kabuiji; kambuiji; kilakiango; monangana		1, 7, 15
Myrtaceae										
Eugenia malangensis (O. Hoffm.) Nied. Syn.: *Myrtopsis malangensi* O. Hoffm.	Su or S	Grassland	N	Fr	Fr	In		ndamba dimi	BE; CD/CB; CN; CS; HI; LN; LS; MA; MO/ML; UI; ZA	3, 4, 6, 15
Psidium guajava L. Syn.: *Guajava pumila* (Vahl) Kuntze	T	Woodland, thickets; forest clearings	NE (SAm)	Fr	Fr	In	Me; Po; Ev; Ff	goiabeira	CN; MA; UI	1, 5, 8, 9, 15
Psidium guineense Sw. Syn.: *P. araca* Raddi	S or T	Woodland	NE (SAm)	Fr	Fr	In	Me; Ev		CN; LA	1, 6, 7, 15
Syzygium guineense (Willd.) DC. Syn.: *Calyptranthes guineensis* Willd.	T	Woodland	N	Fr	Fr	In		iondo; muzombuè	BI, CD/CB; CN; CS; HA; LN; LS; MO/ML	1, 8, 15
Syzygium huillense (Hiern) Engl. Syn.: *Eugenia guineensis* var. *huillensis* Hiern; *S. guineense* subsp. *huillense* (Hiern) F. White; *S. guineense* var. *huillensis* Hiern	Su	Woodland	N	Fr	Fr	In		omuhombo; usombo; mulungu; okumakuma; umonte	BI; HA; HI; MO/ML	1, 10, 15

(Continues)

TABLE 1 | (Continued)

Species	Life form	Habitat and ecology	Status	Parts used	Class of consumption	State of consumption	Other uses	Common names	Angolan provinces	References
Nymphaeaceae										
Nymphaea lotus L. Syn.: *N. zenkeri* Gilg	Ph	Forest; swamp	N	Rh	R or T	Pr (Ck)		mbandu; njimbandu; mateleje	BO/IB; CN; LA; LN; MA; NA; ZA	1, 6, 8, 10, 15
Olacaceae										
Coula edulis Baill. Syn.: *C. cabrae* De Wild. & T. Durand; *C. utilis* S. Moore	T	Forest	N	Fr	Fr	In		nkumano; enkumanu	CA	1, 8, 10, 15
Olax gambecola Baill. Syn.: *O. poggei Engl.*	S	Forest	N	Lv	O	Pr (Ck)		nduki	CN; LN; LS; MA; UI; ZA	3, 4, 5, 15
Ximenia americana L.	S or T	Savanna; forest thickets	N	Fr	Fr	In; Pr	Ev; Me; Af; S; Po; Ff	muhinji; umpeke; omupeke; omutombo; ngangi; ogheghe; epanyene; olomeke; olosambiambia, omuninga; inge; nduki; onambeke, lumeke; munjake; mupiambia; mujeke	BO/IB; BE; CD/CB; CN; HI; NA; ZA	1, 6, 8, 10, 15
Passifloraceae										
Adenia lobata (Jacq.) Engl. Syn.: *A. letouzeyi* W.J. de Wilde; *Modecca lobata* Jacq.	Hc	Forest and forest edges; shrubland; often in secondary vegetation	N	Fr	Fr	In		mubìlu; mbíro; muvilu; kunungando; mobiro; mubilu; dinbui	CA; CN; HI	1, 8, 10, 15
Passiflora edulis Sims Syn.: *P. incarnata* L.	Hc	Thickets; river banks; roadsides	NE (Am)	Fr	Fr	In	Af; Me; Ev	maracujueiro	BI; HI	1, 6, 8, 9, 15
Passiflora foetida L	Hc	Secondary thickets; river banks; disturbed land	NE (Am)	Fr	Fr	In		diboke	CS; UI	3, 7
Phyllanthaceae										
Antidesma venosum E. Mey. ex Tul. Syn.: *A. bifrons* Tul.	T	Savanna	N	Fr	Fr	In		muindu; mfutila	UI	3, 4, 15
Bridelia tenuifolia Mull. Arg.	S or T	Coastal woodlands; gallery forests; mangrove edges	N	Fr	Fr	In		omukuliunku	BI; CA; CN; CS; HA; HI	1, 6, 8, 10, 15

(Continues)

TABLE 1 | (Continued)

Species	Life form	Habitat and ecology	Status	Parts used	Class of consumption	State of consumption	Other uses	Common names	Angolan provinces	References
Hymenocardia ulmoides Oliv. Syn.: *H. capensis* (Pax) Hutch.	S or T	Forest; woodland; riverine vegetation; thickets	N	Lv	Ve	Pr (Ck)		tsangambala	UI	3, 15
Uapaca kirkiana var. *benguelensis* (Müll. Arg.) Meerts Syn.: *U. benguelensis* Mull. Arg.	T	Woodland	N	Fr	Fr	In		mbula; n'bulla; jimbula; mbula inene; omumbula; omunje; lombula; mundengu	BI; HA; HI; MA; MO/ML	1, 5, 6, 8, 10, 15
Uapaca kirkiana var. *gossweileri* (Hutch.) Meerts Syn.: *U. gossweileri* Hutch.	S or T	Woodland	N	Fr	Fr	In		mbuna; mumbula; nambula; xilolo; mbula; mbuma; jimbulua	BI; MA; MO/ML	1, 5, 8, 10, 15
Piperaceae										
Piper guineense Schumach. & Thonn. Syn.: *P. clusii* (Miq.) C. DC.; *P. guineense* var. *clusii* (Miq.) Engl.	L	Forest; gallery forest; margins of rivers and lakes	N	Fr; S	Fr; Co	In; Pr (Dr)		nkefu; hefu; jihefo; jiheso	CA; CN	1, 5, 8, 15
Piper umbellatum L. Syn: *Heckeria umbellata* (L.) Kunth	Su or S	Forest; forest clearings; swamp forest; river banks	NE (Am)	Lv	Ve	Pr (Ck)	Me	lemba kia mfnda; malemba lemba; nkángati	UI	1, 2, 4, 15
Poaceae										
Eleusine coracana (L.) Gaertn. Syn.: *Cynosurus coracanus* L.	Ah	Disturbed places	N	S	Gr	Pr (Ck)	Af	luku	HA; HI; MO/ML	1, 8, 15
Sorghum bicolor subsp. *verticilliflorum* (Steud.) de Wet ex Wiersema & J. Dahlb. Syn.: *Andropogon verticilliflorus* Steud.; *A. sorghum* var. *aethiopicus* Hack.; *Sorghum aethiopicum* (Hack.) Stapf	Ah or Bh	Woodland	N	S	Gr; Co	Pr (Ck); Pr	Ev; Me; Af; S; Po; Ff	massambala	CD/CB; CU; MO/ML	1, 8, 15
Sorghum bicolor (L.) Moench subsp. *bicolor* Syn.: *Holcus bicolor* L.	Ah or Ph	Herbaceous savannah; disturbed places; abandoned fields	N	S	Gr	Pr (Ck)	Ev; Me; Af; S; Po; Ff	mbala	CD/CB; CU; HI	1, 8, 15

(Continues)

TABLE 1 | (Continued)

Species	Life form	Habitat and ecology	Status	Parts used	Class of consumption	State of consumption	Other uses	Common names	Angolan provinces	References
Polygonaceae										
Oxygonum acetosella Welw.	Ah	Grassy places near the sea-shore	N	Lv	Ve	Pr (Ck)		azedas bravas	NA	1, 5, 15
Oxygonum fruticosum Dammer ex Milne-Redh. Syn.: *O. callensii* Robyns & E. Petit	S	Forest; woodland; shrubby pasture; open thickets; burned savanna	N	Fr	Fr	In; Pr (Ck)		sengane	HI; UI	1, 3, 4, 5, 15
Portulacaceae										
Portulaca oleracea L.	Ah	Disturbed places; herbaceous savannah	N	Lv	Ve	In; Pr (Ck)	Af; Ev; Me; S	mbembe	LA	1, 6, 10, 15
Rhamnaceae										
Phyllogeiton discolor (Klotzsch) Herzog Syn.: *Scutia discolor* Klotzsch	T	Woodland	N	Fr	Fr	In		omuve; omumbe; munjinji; muxinji; mumbe; omuve	BO/IB; BE; CN; CS; CU; HI; LA; NA	1, 6, 10, 15
Ziziphus mauritiana Lam. Syn.: *Z. jujuba* (L.) Lam.	T	Disturbed places	N	Fr	Fr	Pr (Dr, Sd)	Af; Me	maceira brava		1, 5, 7, 15
Rosaceae										
Rubus pinnatus Willd. Syn.: *R. kingaensis* Engl.	S	Galery forests; forest; margins of rivers and lakes	N	Fr	Fr	In		musuno; morango silvestre	CN; CS; MA	1, 6, 15
Rubiaceae										
Colletoecema tortistilum (K. Schum.) Ntore & O. Lachenaud Syn.: *C. dewevrei* (De Wild.) E. M. A. Petit; *Lasianthus tortistilus* K. Schum	T	Forest	N	Fr	Fr	In; Pr (Ck; R)		ntseketseke; mbendembende	UI	3, 4, 15
Coffea canephora Pierre ex A. Froehner Syn.: *C. arabica* var. *stuhlmannii* Warb. ex A. Froehner	T	Forest	N	Fr	Dr	Pr (Dr; R; Cr)		mukafé	CA; CN; CS; MA; UI	1, 6, 15
Coffea liberica W. Bull Syn.: *C. liberica* f. *bwambensis* Bridson; *C. liberica* var. *dewevrei* (De Wild. & T. Durand) Lebrun	T	Forest	N	Fr	Dr	Pr (Dr; R; Cr)	Me	café liberia	CA; CN	1, 5, 6, 7, 15

(Continues)

TABLE 1 | (Continued)

Species	Life form	Habitat and ecology	Status	Parts used	Class of consumption	State of consumption	Other uses	Common names	Angolan provinces	References
Fadogia ancylantha Schweinf. Syn.: *Pachystigma ancylanthum* (Schweinf.) K. Schum.	Su or S	Woodland	N	Fr	Fr	In		munhinghi; ninghi; ovininghe; munjinje; hinji	BE; BI; CD/CB; CN; HA; HI; LS	1, 10, 15
Nauclea latifolia Sm. Syn.: *Sarcocephalus latifolius* (Sm.) E.A. Bruce	Su or S	Savannah woodland	N	Fr	Fr	In	Me	dijole; ngulu	MA; ZA	1, 10, 15
Sabicea gilletii De Wild.	Su or S	Forest edges	N	Fr	Fr	In		nzamune	UI	3, 4, 15
Sapindaceae										
Chytranthus carneus Radlk. Syn.: *C. welwitschii* Exell; *C. carneus* var. *secundiflorus* Hauman	T or S	Forest	N	Fr	Fr	In		mbimbiti	CA; CN	1, 10, 15
Sapotaceae										
Synsepalum cerasiferum (Welw.) T.D. Penn. Syn.: *Sapota cerasifera W*elw.	T	Forest	N	Fr	Fr	In		dizaku; lukuma; lungu; kala; okala	CN; CS; MO/ML	1, 10, 15
Solanaceae										
Capsicum annuum L. Syn.: *C. frutescens* L.; *C. annuum* L. var. *annuum*	Su or S	Woodland; savannah woodland; abandoned fields	NE (SAm and CAm)	Fr	Co	In; Pr	Ev; Me; Po	ndungo; jindungu		1, 5, 6, 15
Physalis angulata L. Syn.: *P. minima* L.; *P. micrantha* Link	Ah	Fallow land; disturbed places; margins of rivers and lakes; herbaceous savannah	NE (SAm and CAm)	Fr	Fr	In; Pr	S; Me	kabuabuata; kabubuadi; omutipa-tipa; omutyipatipa	CN; CS; HI; LA	1, 5, 6, 8, 15
Solanum aculeastrum var. *albifolium* (C.H. Wright) Bitter Syn.: *S. albifolium* C.H. Wright	S or T	Woodland	N	Fr	Co	In		ndongu; dongo		1, 8, 15
Solanum aethiopicum L. Syn.: *S. monteiroi* C.H. Wright; *S. naumannii* Engl.	Su or S	Woodland; disturbed places; abandoned fields	NE (EAfr)	Fr	Ve	Pr (Ck)		njilu	CA	1, 5, 6, 15
Solanum americanum Mill.	Ah	Forest; savannah wodland; fallow land	NE (Am)	Lv	Ve	Pr (Ck)	Me; Ev	gindemba	HI	1, 3, 6, 9, 15

(Continues)

TABLE 1 | (Continued)

Species	Life form	Habitat and ecology	Status	Parts used	Class of consumption	State of consumption	Other uses	Common names	Angolan provinces	References
Syn.: *Solanum nigrum* var. *americanum* (Mill.) O.E. Schulz										
Solanum scabrum Mill. Syn.: *S. tinctorium* Welw.	Ah or Ph	Woodland	N	Lv	Ve	Pr (Ck)	Ev; Me; Af	disue		1, 8, 15
Solanum melongena L. Syn.: *S. melongena* L. var. inerme (Dunal) Hiern	S	Savannah woodland; herbaceous savannah; disturbed places; abandoned fields	NE (As and Ma)	Fr	Ve	Pr (Ck)	Me; Po	ngiló	CN; MA	1, 8, 15
Solanum nigrum L. Syn.: *S. suffruticosum* Schousb. ex Willd.	Ah or Ph	Woodland; disturbed places; margins of rivers and lakes	NE (NAfr. Eu and As)	Lv	Ve	Pr (Ck)	Me	dissue; jissua	CS; HI	1, 6, 8, 15
Urticaceae										
Myrianthus arboreus P. Beauv	T	Woodland; gallery forests; margins of rivers and lakes	N	Fr; Lv; S	Fr; Ve; Gr	In; Pr (Ck); Pr	Me	mbonzo; ntusu; mabonzo, musibi or musubiri	CN, UI	1, 4, 8, 15
Verbenaceae										
Lippia abyssinica (Otto & A. Dietr.) Cufod. Syn.: *Lantana abyssinica* Otto & F. Dietr.	Su or S	Woodland	N	Lv	Dr	Pr (If)	Me	kubango-pungo; kapungo-pungo	BE; CN; MA	1, 5, 8, 15
Lippia plicata Baker Syn.: *L. adoensis* Hochst. Ex Schauer var. *multicaulis* Hiern; *L. adoensis* var. *multicaulis* Hiern	Su or S	Woodland	N	Lv	Dr	Pr (If)	Me	lubanji; mangue; mukundu ua ngundua; kabongapuna; ndembe; muhunga-tuma; kambimbi; omuanke; kubango-pungo; kapungupungu	BE; BI; CN; CS; HA; LA; LS; MA; MO/ML; NA	1, 6, 8, 10, 15
Vitaceae										
Ampelocissus dissecta (Baker) Planch. Syn.: *Vitis dissecta* Baker	Hc	Woodland; herbaceous savannah	E	Fr	Dr	Pr (Fw)		chinjuânjua	BI; CN; HA; HI; MA	1, 8, 15
Ampelocissus schimperiana (Hochst. Ex A. Rich.) Planch. Syn.: *Vitis schimperiana* Hochst. ex A. Rich.	Hc	Woodland; riverine forest	NE (EAfr)	Fr	Fr; Dr	In; Pr (Fw)		kixibua; quixibua xinjuanjua; quinjuanjua	BI; MA	1, 5, 8, 15

(Continues)

TABLE 1 | (Continued)

Species	Life form	Habitat and ecology	Status	Parts used	Class of consumption	State of consumption	Other uses	Common names	Angolan provinces	References
Cayratia sp. (probably *C. gracilis* (Guill. & Perr.) Suess:	Hc	Probably woodland; fallows	N	Lv	Ve	Pr (Ck)	Me	hoselia; uuse	CN; LA; MA; UI; ZA	9
Xanthorrhoeaceae										
Aloe buettneri A. Berge Syn.: *Aloe agavifolia* Tod.	Ph	Woodland; savannah woodland	N	Lv	Ve	Pr (Ck)	badianseka	UI	1, 9, 15	
Zingiberaceae										
Aframomum alboviolaceum (Ridl.) K. Schum. Syn.: *Amomum latifolium* Afzel., nom. illeg.; *Amomum alboviolaceum* Ridl.; *Aframomum biauriculatum* K. Schum.	Ph	Woodland; herbaceous savannah	N	Fr	Fr; Dr	In; Pr	Me	ngongo; jingongo; jinguenga; jinguengue; lunguengue; kinguengue; nguenga iá mukáo; tundu ia malonde; djinguenga; ocitando; ocinguenga; gingenga da savana; mansasa; ntundulu; mazaza; kizaza	BO/IB; CN; CS; HA; MA; UI	1, 4, 8, 9, 11, 15
Aframomum angustifolium (Sonn.) K. Schum. Syn: *Zingiber meleguetta* Gaertn.	Ph	Forest; forest margins; gallery forest; woodland; fallows	N	Fr	Fr	In		matsatsa; mansasa; imbutua	UI	3, 4, 15
Aframomum daniellii (Hook.f.) K. Schum. Syn.: *Amomum daniellii* Hook.f.	Ph	Forest; fallow land	N	R	Co	In		dongo; ndongu		1, 8, 15
Aframomum giganteum (Oliv. & D. Hanb.) K. Schum. Syn: *Amomum angustifolium* Sonn.	Ph	Forest	N	Fr	Fr	In		mampodia	UI	3, 4, 15

Note: Below are the details of the abbreviations used in the table:
Life forms: Ah—Annual herb; Bh—Biennial herb; Hc—Herbaceous climber; L—Liana; Ph—Perennial herb; S—Shrub; Su—Subshrub; T—Tree.
Parts used: Fr—fruits; Gr—Germinated rhizome; Gu—Gum; Lv—leaves; Rh—Rhizome; R—Root; Sp—Sap; S—Seed; St—Stalk; T—Tubercle; Tb—Trunk bark; Yb—Young.
Class of consumption: Ap—Appetiser; Co—Condiment; Dr—Drink; Fr—Fruit; Gr—Grain; O—Others; Pu—Pulse; R—Root; T—Tubercle; Ve—Vegetable.
State of consumption: In—*In natura;* Pr—Processed (manipulated to make the final product: Bb—Boiled and braised; Br—Boiled and roasted; Ck—Cooked; Cr—Crushed; Dr—Dried; Fd—Fried; Fw—Fermented to prepare wine; Gr—Ground; If—Infusion; R—Roasted; Sd—Sun-dried; Sfr—Squeezed fruit).
Other uses: Af—Animal food; D—Dyes; Ev—Environmental; F—Forage; Ff—For fuel; Gm—Green manure; Me—Medicinal; Po—Poison; S—Social use; Ua—Urban afforestation; W—Wood.
Status: E—endemic; N—native non endemic; NE—naturalized exotic; Key for the respective origin: (Afr)—native to elseware in Africa; (Am)—native to America; (As.)—native to Asia; (Au)—native to Australia; (CAfr.)—native to Central Africa; (CAm)—native to Central America; (EAfr)—native to East Africa; (Eu)—native to Europe; (Md)—native to Madagascar; (NAfr)—native to North Africa; (NAm)—native to North America; (SAm. and CAm)—native to South and Central America; (SAm)—native to South America; (SL)—native to Sri Lanka.
Angolan provinces in which the species were recorded: BO—Bengo; BE—Benguela; BI—Bié; CA—Cabinda; CD—Cuando; CB—Cubango; CN—Cuanza Norte; CS—Cuanza Sul; CU—Cunene; HA—Huambo; HI—Huíla; IB—Icolo e Bengo; LA—Luanda; LN—Lunda Norte; LS—Lunda Sul; MA—Malanje; MO—Moxico; ML—Moxico leste; NA—Namibe; UI—Uíge; ZA—Zaire.
References: 1—African Plant Database 2024, 2—Bastos et al. 2023b, 3—Baumgärtel et al. 2023, 4—Baumgärtel 2025, 5—Ficalho 1884, 6—Figueiredo and Smith 2008, 7—Figueiredo and Smith 2022, 8—Frazão 1956, 1957a, 1957b, 9—Göhre et al. 2016, 10—Gossweiler 1953, 11—Heinze et al. 2017, 12—Kissanga et al. 2021, 13—Mawunu et al. 2021, 14—Mawunu et al. 2022, 15—POWO 2024.

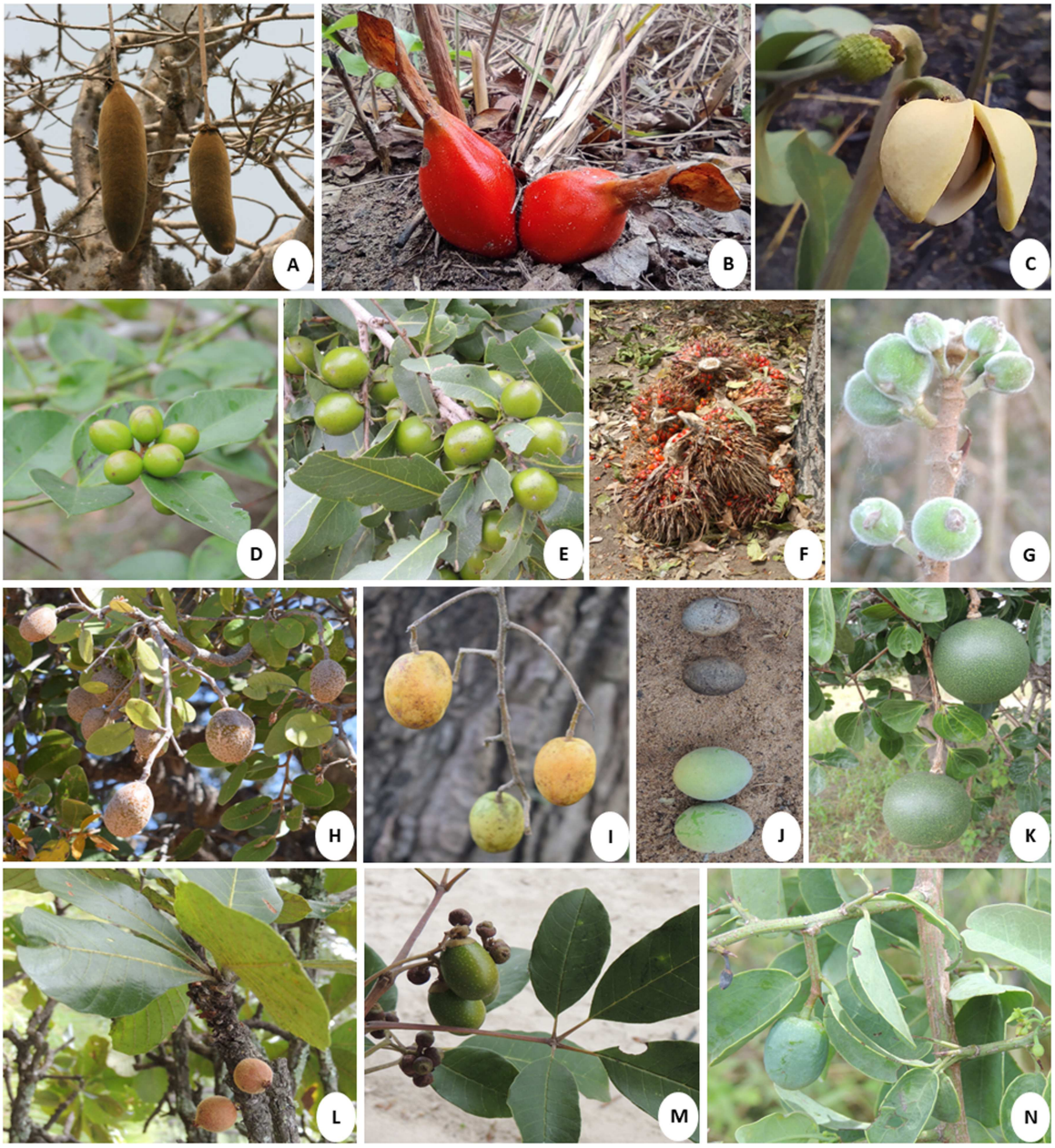

FIGURE 2 | Selected species of wild edible plants from Angola. A—*Adansonia digitata* (Malvaceae); B—*Aframomum alboviolaceum* (Zingiberaceae); C—*Annona stenophylla* (Annonaceae); D—*Carissa spinarum*; E—*Diospyrus mespiliformis*; F—*Elaeis guineensis* (Arecaceae); G—*Ficus sycomorus* (Moraceae); H—*Parinari curatelifolia* (Chrysobalanaceae); I—*Spondias mombin* (Anacardiaceae); J—*Schinziophyton rautanenii* (Euphorbiaceae); K—*Strychnos cocculoides* (Loganiaceae); L—*Uapaca gossweilerii* (Phyllanthaceae); M—*Vitex doniana* (Lamiaceae), N—*Ximenia americana* (Olacaceae). Photographs by Luis Catarino.

Lamiaceae (10), Curcubitaceae (8), Solanaceae (8), Anonaceae (7), Rubiaceae (6), Anacardiaceae, Amaranthaceae, Moraceae, Myrtaceae, Phyllanthaceae (5 species each), Dioscoreaceae, Euphorbiaceae, and Zingiberaceae (4 species each) (Supporting Information S1: Figure S1). Chisingui et al. (2018), investigating tree communities and species associations in the woodlands of Huíla province, Angola, found a predominance of the Fabaceae family, corroborating the results obtained in this study, in which the species most consumed by the communities belong to that family, the same being verified by Heinze et al. (2017) for Cuanza Norte.

The total number of WEP species found so far in Angola's flora can be considered low if compared with other African countries (e.g., Burkill 2004; van Wyk and Gericke 2017; Tadesse et al. 2024). This can be understood by the lack of interest of colonial science concerning the wild edible flora and non-timber forest products in general, and the lack of conditions to perform field research during the Angolan civil war period (1975–2002). In fact, only in the last two decades, the interest in this subject has risen, and some works on it were published (Baumgärtel 2025; Baumgärtel et al. 2023; Göhre et al. 2016; Kissanga et al. 2021). So, it is likely that

many more useful plants and many more edible wild species will be recorded in the coming years.

Forty-three naturalized exotic species were found as WEP, originating mainly from South America, with others, to a lesser extent, coming from Asia, other regions of Africa and Madagascar, and a few from Europe and Australia (Table 1). The predominance of species of American origin, many of which became naturalized after cultivation, is related to the transatlantic exchanges following the era of discoveries. Additionally, Angola's diverse ecological conditions favor the acclimatization of species from various origins and diverse ecological requirements. The acclimatization of exotic crop species was even promoted in colonial times, for instance, with the creation of gardens in Ndalatando (formerly Salazar) and Dundo.

Despite Angola's rich biodiversity, with over 7000 catalogued plant species (Figueiredo and Smith 2008), certain biomes contain degraded areas, leading to the endangerment of some species, as shown by the phytoecological survey carried out by Da Costa et al. (2019) in some Angolan provinces. The presence of highly degraded areas has reduced the representation and distribution of various species. Like most tropical and subtropical countries, Angola experiences significant human pressure, resulting in the heavy exploitation of natural resources to meet the needs of local populations. Habitat degradation and reduction, combined with the overexploitation of biological resources, have been identified as the primary threats to plant diversity (Da Costa et al. 2019).

Regarding the life forms of the WEP (Supporting Information S2: Figure S2), the majority are woody species, with trees being the largest group, comprising 77 species. These are followed by shrubs, subshrubs or suffrutices, lianas and herbaceous climbers. The herbs, both annual and perennial, are also well represented, with more than 60 species identified. These plants thrive in various environments, including forests, woodlands, riparian vegetation, and gallery forests, as well as fallows and disturbed areas. Angola's unique interface between humid tropical climates and semi-desert and desert regions creates conditions for a wide range of habitats, supporting many rare and endemic species (Figueira and Lages 2019).

3.2 | Patterns of WEP Use in Angola

Fruits are the most frequently consumed plant parts, accounting for 123 uses or 57% of the reported uses (Supporting Information S3: Figure S3). Seeds and leaves are also frequently used, while underground parts (e.g., tubers and bulbs) are less commonly used, though they are strongly related to specific consumption categories. Fruits remain the most important consumption category, with the majority being consumed directly or processed into products like condiments or juices (Supporting Information S4: Figure S4). Most leaves and young branches are consumed as vegetables. Additionally, 22 plant species are used as condiments and flavorings, with several parts, including roots and seeds, serving this purpose.

The state in which WEP is consumed varies depending on the nature of the plant and the specific part used as food. For example, wild fruits, which are highly appreciated by children and women, are mainly consumed *in natura*, while leaves, seeds, roots, and tubers are usually consumed after cooking. Of a total of 237 uses of plant parts recorded, 123 or approximately 52% refers to the consumption of plant parts in natura, and 48% after some kind of processing (Table 1). The most used processing method is cooking, used in 58 plant products. Air drying, grilling, roasting, and several other processing methods are also used, but to a lesser extent.

In addition to being eaten *in natura*, several fruits can also be processed for use as condiments or in the preparation of various beverages. Examples include *Adansonia digitata, Aframomum alboviolaceum, Ampelocissus schimperiana, Anisophyllea boehmii, Coffea canephora, Memecylon flavovirens*, and *Sclerocarya birrea*. Literature confirms that fruits like *Aframomum alboviolaceum* (*ginguenga*) and *Sclerocarya birrea* (*omungongo, marula*) are native to Angola (Figueiredo and Smith 2008; Frazão 1956, 1957a, 1957b; POWO 2024) and are widely distributed across tropical Africa (Berhaut 1971; Dimo et al. 2007).

The pulp of *S. birrea* is used in Angola, Mozambique, South Africa, and Zambia for making juices, jams, jellies, as well as alcoholic beverages (Baumgärtel and Förster 2022; Hillman et al. 2008; Viljoen et al. 2008; Weinert et al. 1990).

Cooking is another common method of preparing WEP, especially for leaves, which are mainly consumed as vegetables (*lombi*) but are also used as condiments or prepared as infusions. Aromatic species like *Ocimum basilicum*, *O. americanum*, *Lippia abyssinica*, and *L. plicata* are highly appreciated in Angola. In Lubango, the capital of Huíla Province in southern Angola, many non-wood forest products are sold, sourced from the city and surrounding areas. These products can be categorized into four major types: (i) wild fruits, available year-round according to their ripening seasons; (ii) fresh leafy vegetables, known locally as *lombí*, sold throughout the year and used as pot herbs (Kissanga et al. 2021); (iii) seeds, consumed as grains or pulses, which are usually also used as condiments; (iv) roots of plants such as *Eriosema affine*, *E. ellipticum*, *E. cordatum*, and *Pseudeminia muxiria* are sold, either fresh or dried, and serve as essential ingredients (condiments) for flavoring and sweetening traditional locally produced beverages. Roots and tubers, like leaves, are generally preferred cooked and are often served as side dishes. Many plants are also consumed fresh or after processing, such as boiling, roasting, drying, or making infusions. Other preparation methods include consumption as condiments, being processed into pastes, extracting oils, or undergoing fermentation to prepare traditional alcoholic beverages.

3.3 | Consumption and Trade Patterns of WEP

In Angola, many WEP from rural areas are transported and sold at the city markets, especially those that can endure the journey and remain fresh for sale. In these urban markets, alongside cultivated plants, wild plants from different regions of the country, the nearby countryside, and home gardens are available. Kissanga et al. (2021) demonstrated the importance of WEP in Angola, both as valuable natural resources and complementary food sources, but also as an additional source of

income for many families. However, there is variation in the consumption patterns of different types and parts of these edible plants. In Angolan cities, when cultivated leafy plants are abundant and affordable, the consumption of WEP, especially leafy vegetables, tends to be low (e.g., Kissanga et al. 2021). However, during periods when cultivated plants are scarce or expensive, wild plants, often ruderal, became more popular and are traded more frequently (e.g., *Amaranthus* spp., *Bidens pilosa*, *Galinsoga parviflora*, *Solanum nigrum*). These plants, which grow in fallow lands during the dry season without particular care, serve as backup food resources when other more appreciated plants are scarce.

The harvest and sale of wild food plants can also provide financial support for families during times of need. Women who sell these plants often see it as a way to earn extra income in difficult times. The revenue can be used to purchase school supplies, traditional medicines, and other products that are hard to find in their local areas. Additionally, customers sometimes place orders for specific wild plants, often those with known health benefits, to be delivered on subsequent visits. These ordered plants are frequently sought out for their nutraceutical properties and are used for specific health purposes.

Cultural differences between Angolan provinces and ethnolinguistic groups also influence the consumption of WEP. Certain plants are consumed and even traded in some regions, but are virtually unknown in others. For example, *Gnetum africanum* (*fumbua*) is popular and widely consumed in northern Angola but almost unknown in the south. Conversely, *Bidens pilosa* is appreciated in Huila and other southern provinces but is scarcely used in the north of the country.

The consumption patterns of wild fruits differ significantly from leaves, as they are consumed and traded during their ripening season without apparent competition with cultivated fruits. Several wild fruits, such as *Adansonia digitata* (*múcua*), *Aframomum alboviolaceum* (*ginguenga*), *Anisophyllea boehmii* (*loengo*), and *Strychnos cocculoides* (*maboque*), are highly appreciated (Figure 2), with certain species like *A. digitata* being available year-round.

Some age-related differences concerning the use of WEPs can also be noted. Older generations often relate the consumption of some WEPs with their medicinal properties, using them as nutraceuticals. Conversely, children are more likely to consume various edible plants for their taste, particularly fruits, that are not typically consumed by adults.

3.4 | Nutritional and Dietary Properties of WEP

WEPs play a crucial role in the diets of rural populations across many African countries, offering a reliable source of nutrition and medicine. These plants are especially valued in rural areas where they are readily available, affordable, and culturally significant. In Angola, for instance, the use of various plant species as food or medicine is deeply intertwined with local traditions, customs, and the beliefs of different ethnic groups (Tchamba 2019). This reliance on WEP often arises from seasonal food shortages, as wild fruits are highly prized for their flavor and nutritional value during such times (Baumgärtel and Förster 2022; Bruschi et al. 2017; Kissanga et al. 2021; Ngbolua et al. 2016; Novotna et al. 2020; Urso et al. 2016). Protein deficiencies are common in African diets due to limited access to animal-based foods, contributing to ongoing malnutrition challenges (Schönfeldt and Gibson Hall 2012). Plants like *Amaranthus viridis* provide a valuable source of protein, with in vitro absorption rates exceeding 90%. The entire plants—leaves, stem, seeds, inflorescences, and roots—offer essential nutrients, high-quality proteins, dietary fiber, carbohydrate, vitamins, and minerals (Silva et al. 2021). Emphasizing the use of wild food plants can be a strategic approach to combat malnutrition, not only in Angola but across Africa, where the cultivation of local plant species is essential for boosting food supplies, improving nutrition, and supporting economic development. Furthermore, the sustainable use of indigenous food plants also helps preserve fragile ecosystems by reducing the need for slash-and-burn agriculture or the use of pesticides (Baumgärtel and Förster 2022; Göhre et al. 2016). These are locally adapted plants that thrive in native conditions without requiring expensive breeding techniques or fertilizers. Despite this, African diets often rely on imported tropical fruit species from Asia and the Americas, even though indigenous species are better adapted to local conditions (Baumgärtel and Förster 2022). Of over 2000 native food plants in Africa, only a small fraction is cultivated or sold commercially (National Research Council 2008), which highlights the potential of African food crops as an alternative to conventionally imported foods, which could bolster local diets and promote sustainable agricultural practices (Shackleton and Shackleton 2004).

Research on the nutritional potential of 14 WEP native to Angola identified species like *Aframomum alboviolaceum, A. angustifolium, A. giganteum, Antidesma venosum, Clitandra cymulosa, Landolphia buchananii, L. lanceolata, L. owariensis, Oncoba welwitschii, Parinari capensis, Piper umbellatum, Pseudospondias microcarpa, Tristemma mauritianum,* and *Vitex madiensis* subsp. *madiensis*, harvested in the province of Uíge, as potential future crops (Baumgärtel and Förster 2022). These were studied for their amino acid composition, beta-carotene, vitamin B1, B2, C, and E contents, revealing their high nutritional value. For instance, the fruits of *P. capensis* are rich in beta-carotene, while *O. welwitschii* is a source of vitamin B1, B2, C, and E, making them suitable for addressing nutritional needs (Baumgärtel and Förster 2022). The integration of fruit and vegetables is important to meet the requirements of a healthy and balanced diet. In Angola, this is mainly based on carbohydrate-rich staples, such as cassava, maize, and rice. In addition, wild berries grow spontaneously and offer an additional source of nutrition without the need for complex cultivation or soil improvement techniques. For example, *A. alboviolaceum* is rich in essential macronutrients, such as carbohydrates, lipids, proteins, amino acids, vitamins, and minerals, and its fruit is consumed across West Africa for its nutritional benefits (Baumgärtel and Förster 2022; Chiroma et al. 2006; Inkoto et al. 2021; Tia et al. 2011). In Côte d'Ivoire, the rhizomes are used as food, while in Nigeria, the fruit is especially loved by pregnant women and children (Chiroma et al. 2006) to overcome nutritional deficiencies. Similarly, *S. birrea* is valued for its nutrient-rich pulp, which contains vitamin C, essential minerals (K, Na, Ca, Mg, Fe, Zn, and Mn), and phenolic compounds (Borochov-Neori et al. 2008). The

consumption of *S. birrea* fruit and its derivatives is linked to reduced cholesterol levels and decreased risks of chronic diseases, including cardiovascular diseases (Borochov-Neori et al. 2008). Beyond fruits, herbal plants like *Bidens pilosa*, which is widely used in traditional medicine, are also used in the diet of African communities, being preferably consumed as vegetables, offer great antioxidant and antimicrobial benefits (Chiang et al. 2004; Lima Silva et al. 2011; Deba et al. 2008). Other species, such as *Amaranthus hybridus*, and *Galinsoga parviflora* have also been described as rich in proteins, minerals, and phenolic compounds (Kissanga et al. 2021).

The baobab tree (*Adansonia digitata*, Figure 2) is another critical resource widely distributed in the forests and savannahs of sub-Saharan Africa, and its bittersweet fruit is consumed by local people for its high nutritional value, being also a source of income for many families (Kamatou et al. 2011). Monteiro et al. (2022) compared the nutritional composition of baobab pulp from different locations in Namibe Province (Angola) and concluded that there is some dependence on geographical location in terms of nutritional and functional composition. However, they confirmed that *A. digitata* pulp is rich in dietary fiber (56.62 g/100 g), vitamin C (288.9 mg/100 g), K (42.4 mg/g), Ca (3.80 mg/g) and protein (2.42 g/100 g), carbohydrates (28.1 g/100 g) and total phenolic compounds (972 mg GAE/100 g) involved in its antioxidant activity. Also, their results clearly demonstrate the high nutritional value of this fruit, with the potential to qualitatively improve the diet of millions of people in Africa (Kamatou et al. 2011; Monteiro et al. 2022; Muthai et al. 2017).

Recent studies have shown that the native plants *Lablab purpureus*, *Dombeya rotundifolia*, and *Commelina africana* are commonly used by rural Angolan communities, particularly those living in the areas around the Cumbira Forest Reserve, in the province of Cuanza Sul. The leaves of these species are consumed as vegetables and are also used as fodder in animal feed. Its nutritional profile is mainly rich in proteins, ash, and carbohydrates, and they are also rich in organic acids, sugars, fatty acids, and tocopherols. Also, these are also good sources of antioxidants and may function as antimicrobial agents (Bastos et al. 2023a, 2026). On the other hand, *Gnetum africanum* leaves, rich in lipids, proteins, and carbohydrates, are also a good source of dietary fiber and minerals (Macelvi et al. 2023).

Harvesting these resources for personal consumption or commercial sale, using them in the creation of food supplements or incorporating them into animal feed, as well as exploring opportunities for large-scale cultivation of species that thrive in suitable conditions, are effective approaches to enhancing their value.

3.5 | Conservation and Sustainable Use of WEP in Angola

Understanding the nutritional composition, common uses, market acceptance, and production and conservation traits of WEP enables the development of strategies for their sustainable utilization and valorization. Several WEP native to Angola were identified in the province of Uíge, as potential future crops (Baumgärtel and Förster 2022), to guide conservation or domestication efforts, and some work is being done. For instance, as part of an ongoing doctoral thesis, the domestication of *Aframomum alboviolaceum* (Figure 2) is being studied through micropropagation, genetic variability studies, and an experimental field in Malanje province (Joaquim Cordeiro João, pers. comm.). There is also considerable potential for the use of several WEPs in agroforestry systems, but there is no recent work in this area. Particularly relevant in rural areas for commercialized native plants, a community-based resource management strategy may be the most appropriate for sustainable use of these WEP species.

Regarding the conservation status of WEP species, a search in the IUCN database (IUCN 2025) concluded that most species have not been assessed and, among those for which information is available, most are considered of Least Concern (LC), but at least one of the widely consumed species in northern Angola, *Gnetun africanum*, is considered Near Threatened (NT). However, some species whose roots are used, particularly *Eriosema* spp. (*E. affine*, *E. cordatum*, and *E. ellipticum*), can be widely harvested, with the entire plant being uprooted for use. For these species, and for others for which the underground parts or entire plants are used (e.g., *Dioscorea* spp.), it would be important to assess their conservation status soon.

4 | Conclusions

Angola's history is essentially marked by oral tradition, resulting in a scarcity of ethnobotanical records. However, recent studies have shown that the use of wild native and naturalized exotic plants for both medicinal purposes and as food has long been a common practice among its communities. Nonetheless, the unsustainable exploitation of these plants for various purposes—whether for food, medicine, or other uses—poses risks of biodiversity loss and decline in ecosystem services (Tchamba 2019). Thus, a major challenge facing societies is to reduce biodiversity loss and prevent global warming, while ensuring the sustainable use of natural resources.

In this study, almost 200 species of WEP were identified, of which about three-quarters are native to Angola, including some endemics. Given the diversity of vascular plant species in the country and the number of WEP recorded in other African countries, there still seems to be little documented information on WEP in Angola. On the other hand, information on nutritional and functional properties is available only for a reduced number of species. There is, therefore, much work that should be done in this field in the near future. The contribution of WEP to food security, particularly in rural areas, the identification of the species used, and the assessment of the conservation status of the populations of the species, particularly those that are slaughtered for consumption, must be a priority. The nutritional and functional characterization of Angolan WEPs, starting with the most used and commercialized ones, is a line of research that should be pursued. Furthermore, research on WEP market chains will allow the selection of species that are well-accepted in local, regional, and national markets as candidates for domestication and integration into agroforestry systems. Research in these lines of work, which is already being

developed in part through master's and doctoral theses, will also improve the capacity of Angolan universities and research institutions in the areas of food security and sustainable management of natural resources.

Author Contributions

Claudete Bastos: conceptualization, data curation, investigation, writing – original draft. **Ângela Liberal:** data curation, investigation, writing – original draft, writing – review and editing. **Margarida Moldão:** conceptualization, writing – original draft, writing – review and editing. **Lillian Barros:** conceptualization, resources, writing – review and editing. **Luís Catarino:** conceptualization; investigation, writing – original draft, writing – review and editing.

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Ethics Statement

The authors have nothing to report.

Conflicts of Interest

The authors declare no conflicts of interest.

Data Availability Statement

The data that supports the findings of this study are included in the article itself.

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Supporting Information

Additional supporting information can be found online in the Supporting Information section.

Figure S1: Families of Angolan wild edible plants and their distribution ranges (NE – naturalized exotic).

Figure S2: Life forms of Angolan wild edible plants. (Note that several species can have more than one life form.).

Figure S3: Parts of wild edible plants consumed.

Figure S4: Classes of consumption of wild edible plants.