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CHECKLIST

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A comprehensive checklist of the Wild Edible Plants of Guinea-Bissau, West Africa

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ABSTRACT

Wild edible plants (WEP) are among the most important non-timber forest products, contributing both to local food security and to the generation of income for families. The aim of this study is to present a comprehensive dataset of WEP in Guinea-Bissau, West Africa, including species identification, characterization of uses, bioecology, and local common names, as well as an associated image dataset documenting the species and their edible parts. Data were collected through extensive fieldwork across the country, complemented by bibliographic and herbarium research. Additionally, countryside and urban markets were visited to identify and characterize WEP currently traded. A total of 114 WEP were recorded in the flora of Guinea-Bissau, belonging to 45 families and 89 genera; of these, 110 are native species and four are introduced and naturalized. Fruits were the most commonly consumed plant part, followed by leaves and underground organs, with most consumed *in natura*. About 40 WEP were observed in markets, several of which have high socioeconomic importance both as food and as sources of income. This dataset enhances knowledge of WEP in Guinea-Bissau and supports the promotion of sustainable use of natural resources and ecosystems in West Africa.

Keywords: Ethnobotany; Livelihoods; Non-timber forest products; Tropical Africa; Useful plants.

RESUMO

As plantas silvestres comestíveis (PSC) estão entre os produtos florestais não lenhosos mais importantes, contribuindo tanto para a segurança alimentar como para a geração de rendimentos para as famílias. O objetivo deste estudo é apresentar um conjunto de dados abrangente sobre o PSC na Guiné-Bissau, África Ocidental, incluindo a identificação das espécies, a caracterização dos seus usos, a bioecologia e os nomes comuns locais, bem como um conjunto de imagens que documenta as espécies e as suas partes comestíveis. Os dados foram recolhidos através de um extenso trabalho de campo em todo o país, complementado por pesquisa bibliográfica e em herbários. Além disso, foram visitados mercados rurais e urbanos para identificar e caracterizar as PSC comercializadas. Foram registadas um total de 114 PSC na flora da Guiné-Bissau, pertencentes a 45 famílias e 89 géneros; destas, 110 são espécies nativas e quatro são introduzidas e naturalizadas. Os frutos foram a parte da planta mais consumida, seguindo-se as folhas e os órgãos subterrâneos, sendo a maioria consumida *in natura*. Cerca de 40 PSC são comercializadas nos mercados, várias das quais apresentam uma elevada importância socioeconómica como alimento e como fonte de rendimento. Este conjunto de dados alarga o conhecimento sobre a utilização sustentável das plantas na Guiné-Bissau e contibui para a promoção da utilização sustentável dos recursos naturais e dos ecossistemas na África Ocidental.

Keywords: África tropical; Etnobotânica; Meios de subsistência; Plantas úteis; Produtos florestais não lenhosos.

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SIGNIFICANCE STATEMENT

Wild edible plants (WEP) constitute an important natural resource for populations across West Africa, serving both as daily food and as a source of income for many families. In this study, based on field research conducted by the authors, as well as bibliographic and herbarium data, we document 114 species of WEP in Guinea-Bissau. For each species, we provide information on traditional uses, common names in different local languages, and other relevant details, including commercialization in rural and urban markets. A set of photographs for each species has also been compiled and deposited in a digital repository. This is the first comprehensive checklist reporting WEP of Guinea-Bissau and represents an important tool for the valorization and sustainable use of the country's natural plant resources.

INTRODUCTION

Wild edible plants (WEP) represent key ecosystem provisioning services traditionally used by rural African communities, who have in-depth understanding of their properties and uses, knowledge that should be documented and validated (Maroyi 2022). However, the degradation of forest ecosystems and the erosion of ethnobotanical knowledge are threatening the preservation and valorization of these natural resources (Kumar et al. 2025).

WEPs play an important role in food security and in the nutritional quality of the diet of many African populations, either being used daily in the preparation of traditional dishes, eaten by children, as part of special diets, or as a resource food only during periods of the year when there is a shortage of more appreciated foods (famine foods) (Indjai et al. 2025).

Many traditional African WEPs are known for their numerous functional properties that can prevent or treat a wide variety of diseases and health conditions (Termote et al. 2011). These plants 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, non-communicable inflammatory diseases, metabolic disorders, and digestive system dysfunctions (Albuquerque et al. 2014; Iwu 2016; Pieroni and Price 2006).

In West Africa, many wild plant species are used as medicines and as sources of food, or both (nutraceuticals) (Arbonnier 2019; Burkill 1986–2004). Traditional knowledge of their uses and properties is a valuable cultural asset for local communities, although it is sometimes threatened by cultural erosion (Frazão-Moreira 2009; Lasisi and Ekpenyong 2011).

It is also common for WEPs to be traded along roadsides and in local and urban markets, and the market chain of wild edible fruits, leaves, and other edible parts contributes to the livelihoods of both the families of collectors in harvesting regions and the sellers in towns (Leite et al. 2024b). Some of these edible plants are highly appreciated and valued in urban markets and are even exported to neighbouring countries and to markets serving African communities abroad.

Several types of consumption of WEPs can be considered. Leaves and flowers are used as vegetables in stews, both dried and ground or fresh (Catarino et al. 2019). A large diversity of fruits is eaten by rural communities, particularly by younger people, but many fruits are also traded in urban markets, and some are exported as well. Some wild edible roots and tubers are appreciated, but most are used mainly during times of scarcity as resource foods (Indjai et al. 2025).

Guinea-Bissau is a West African country bordered by Senegal, the Republic of Guinea, and the Atlantic Ocean. Its landscape is dominated by low-lying coastal plains covered with mangroves that gradually transition inland into palm forests, woodlands, and savannas, reaching elevations of up to 300 m. The Bijagós archipelago forms part of this coastal system, and several major rivers dissect the territory. The country's vascular flora comprises approximately 1,550 taxa, of which 1,400 are native (Catarino et al. 2008).

Botanical exploration began in the mid-18th century with collections by Michel Adanson and continued through Portuguese research during the 19th and mid-20th centuries. More recent national and international scientific expeditions have greatly expanded knowledge of the country's flora (Romeiras et al. 2018). Currently, the largest plant collection of Guinea-Bissau is housed at the LISC Herbarium (University of Lisbon), which contains around 20,000 specimens collected in the country and plays a central role in documenting and recovering information on wild edible and other useful plants. This collection serves as a key reference for floristic (Catarino et al., 2006, 2008, 2016a; Catarino and Indjai 2019) and ethnobotanical studies (Catarino et al. 2016b; Frazão-Moreira 2009; Indjai 2017; Indjai et al. 2010, 2014, 2025; Leite et al. 2024a,b; Romeiras et al. 2012), providing data essential for the conservation and sustainable use of the country's plant resources.

Although several field surveys have investigated local knowledge and traditional uses of wild plants, comprehensive documentation of WEPs remains limited. Existing studies highlight their importance as valuable natural resources, complementary food sources,

and sources of additional income for many families (Catarino et al. 2019; Indjai and Catarino 2021). WEPs are commonly consumed in local diets and sold along roadsides by collectors, mainly women and youth, in weekly markets (*lumos*) and in urban markets such as Bandim market in Bissau (Camara 2023; Leite et al. 2024b), with trade also extending to neighbouring countries and European markets serving Guinean communities.

The data presented in this checklist aim to provide a record of the wild plants used for food in Guinea-Bissau, West Africa, to characterize their uses and the bioecology of the species, and to report their common names in the languages spoken in the country. A photographic record of the species and their respective uses, deposited in a digital repository, is also provided.

MATERIAL AND METHODS

Study site

Guinea-Bissau, in West Africa (10°59'-12°20' N, 13°40'-16°43´ W), covers 36,125 km^2, including a continental mainland and the Bijagós Archipelago, not far from the continent, and has an estimated population of about 2 million inhabitants (Figure 1). The country has a tropical climate with alternating rainy and dry seasons; the rainy season occurs between June and November, while the dry season extends from December to May. Annual rainfall is the climatic factor that shows the largest differences in the country, decreasing from 2400-2600 mm in the south-west to 1200-1400 mm in the north-east. The differences in temperature between regions are small: the annual means vary from 25.9 to 27.1 °C and the mean annual temperature in the country is around 26.5 °C (Catarino et al. 2008).

Vegetation can be divided into three main zones: littoral areas dominated by mangroves, palm groves, woodlands, and forests; a transitional zone of woodland and savanna mosaic, with tall savannas in inner valleys; and an interior zone of woodland, savanna, and shrubby or herbaceous steppes (Catarino et al. 2016a). Secondary vegetation formations predominate due to long-term human activity, and the recent expansion of cashew (*Anacardium occidentale* L.) orchards has led to the clearing of extensive forest areas (Catarino et al. 2015; Monteiro et al. 2017).

Guinea-Bissau exhibits high ethnolinguistic diversity, with nearly 30 groups (Table 1), mainly following traditional African beliefs or Islam, and to a lesser extent Christianity. Portuguese is the official language, although Guinea-Bissau Creole and ethnic languages are more widely spoken. Acording to the the most recent population census with ethnic data (INE 2009), the largest groups were the Fula (Fulani), Balanta, Mandinga (Mandinka), Pepel, and Manjaco (Manjak). A more recent estimate suggests that around 30% of the country's population is Balanta, 30% is Fula (Fulani), 14% Manjaco (Manjak), 13% Mandinga (Mandinka), 7% Pepel, and 6% from smaller groups such as Biafada, Bijagó, Felupe, Nalu, and Sosso (Sussu) (The World Fact Book 2026). Each region in the country is considered the territory of one of the groups ("landowner"), following the traditional scheme of political appropriation based on foundation (Le Bris 1991; Lenz 2005).

The main activity of all ethnolinguistic groups in Guinea-Bissau is agriculture. However, agro-pastoral systems differ between ethnic groups. The agriculture of the Balanta, Felupe, Pepel, and Nalu, from coastal regions, is generally based on mangrove rice cultivation, associated, in the case of the Balanta, Felupe and Pepel, with cattle raising. Meanwhile, the slash-and-burn system is the traditional system of the Fula, Mandinga, and Manjaco, predominant in the interior of the country, cultivating rice, but also other crop plants such as cassava, sweet potatoes, beans, millet, maize, and sorghum. The Fula and Manjaco groups are also cattle breeders. Cash crops have expanded throughout the country across ethnic groups, such as peanuts, sweet potato and, in recent decades, especially cashew nuts (Catarino et al. 2015).

The *lumos* are traditional weekly open-air markets in which a wide variety of goods and services are traded. These informal local markets are controlled by the local administrative authorities in collaboration with the traditional authorities, the "landowners", who grant the land; local markets play a significant role as places for social interaction, agricultural exchanges, and community connection, functioning equally as moments of rest and leisure for the population (Camará 2023).

Data acquisition

The inventory of WEPs used in Guinea-Bissau was compiled using multiple complementary sources to ensure a comprehensive dataset. A preliminary list of WEPs was first obtained from Catarino et al. (2006), after which herbarium vouchers referencing food uses were examined at the LISC Herbarium (University of Lisbon). In addition, the first author recorded the use and trade of WEPs both in the capital, Bissau, and throughout the country during fieldwork conducted as part of his doctoral research (see Figure 1). Information on WEPs sold in local markets was primarily obtained through direct observation, complemented by informal conversations with vendors and by acquiring

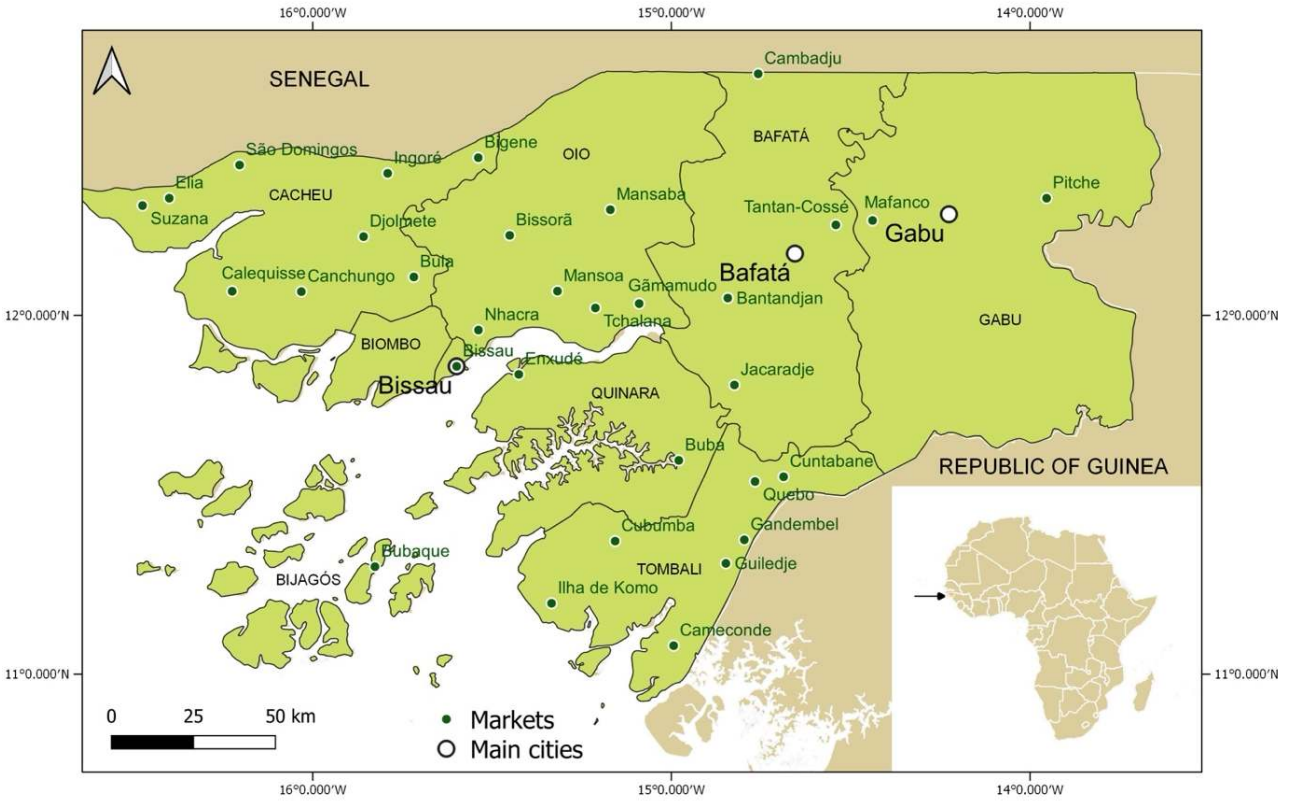

Figure 1. Map of Guinea-Bissau showing the location of the main cities and local markets.

WEP products for verification and documentation.

The local authorities were previously informed about the objectives of the research, through the presentation of a credential issued by the National Research Institute (Instituto Nacional de Estudos e Pesquisa – INEP) in Bissau, the public institution responsible for social, economic, and environmental studies in the country and for the ethical confirmation of research activities.

In addition to the Bandim Market, the urban market in Bissau, 31 traditional weekly markets (*lumos*) were visited in all administrative regions of the country (Figure 1). Prospecting in the local markets was conducted by the first author (BI) in January 2022, February 2023, and between March and August 2024. In each *lumo* the WEP for sale were observed and recorded, and samples of previously unknown products were acquired for later identification confirmation; the locations of the *lumos* were georeferenced.

The Cacheu region, in the north of the country, is located near the border with Senegal, and in the *lumos* of this region, WEPs are mainly sold and bought by women of the Balanta, Manjaco, and Felupe ethnic groups, and it is common to find buyers from Senegal and Gambia. In the Oio region, the predominant groups are Balanta and Mandinka, and there are several *lumos* where WEPs are sold for resale in Bissau. In the Bafatá and Gabu regions, in the east of the country, where the predominant groups are Mandinka and Fulani, the *lumos* near the border are especially important, attracting sellers and buyers from neighboring countries, while in the others, only local trade takes place. In the Quínara and Tombali regions, in the south of the country, where the Balanta, Biafada, Sosso, and Nalu groups predominate, the commercialization of palm oil is important, and there are several *lumos* along the border with the Republic of Guinea, where cross-border trade is frequent. Finally, in the Bijagós Archipelago, where the main group is the Bijagó, local markets are infrequent and dedicated to local trade and trade with the mainland, especially on Bubaque Island.

The edible and other uses of WEPs were further cross-checked with authoritative sources, including Burkill (1986-2004), Arbonnier (2019), and the online databases PROTA4U (PROTA 2025) and Useful Tropical Plants (Fern 2025). The correctness of species names, synonyms, and taxonomic family assignments was verified using the African Plant Database (2025) and Plants of the World Online (POWO 2025), ensur-

ing taxonomic accuracy across all entries.

Information on the availability, harvesting methods, processing, preservation, trade, and locally reported food properties of WEPs was compiled by the first and last authors (BI and LC) over nearly three decades of extensive fieldwork across Guinea-Bissau. Market surveys and plant material collection were performed following the approval by the INEP, Guinea-Bissau, and followed the 2006 ISE Code of Ethics of the International Society of Ethnobiology https://www.ethnobiology.net/wp-content/uploads/ISE-COE_Eng_rev_24Nov08.pdf). A photographic record of WEPs was produced both during field campaigns by BI and LC and from herbarium vouchers housed at the LISC Herbarium, creating a comprehensive visual reference for the species included in this study.

Data organization in the Checklist

In Table **??**, the data on WEP species from Guinea-Bissau are organized alphabetically by family and, within families, alphabetically by genera and species. The information is organized into five columns:

Family / Species - The current family name is presented and, when justified, the name by which the family or part of it was known until recently. For each species, the currently accepted name is presented in bold, as well as, in regular font, the synonyms used in West Africa and the basionym (the first name validly assigned to the taxonomic group), when appropriate.

Bioecology - life form and habitats in which the species occurs in Guinea-Bissau.

Uses – This column contains information on the other local uses of each species. The following classes of use were considered: FOOD - Food s.l.; BUI - building material; FIB - fibers; FOD - fodder; MED - medicinal; PHY - phytochemical; RIT - ritual or cultural; UTE - utensils; OTH - other uses. For each species the information about the types of food uses are reported as: Fd - food s.s.; Bv - beverage; Cd - condiment; Eo - edible oil; Sw - sweetener, and the plant parts used are reported as: Fl - flowers; Fr - fruits; Lv - leaves; Rt - roots and tubers; Se - seeds; Sp - sprouts. The uses are then described.

Common names - Common names, sorted alphabeticaly by ethnolinguistic group, are reported in Guinea-Bissau Creole, the country's vehicular language, as well as in the languages of the various ethnolinguistic groups, and in French and Portuguese where relevant (see abbreviations in Table 1).

Voucher - One herbarium voucher is cited for each WEP species, selected from the Guinea-Bissau collection of LISC herbarium, University of Lisbon.

Table 1. Abbreviations of the languages for common names.

Abbreviation	Language	Abbreviation	Language
bt	Baiote	fu	Fula
ba	Balanta	ff	Futa-fula
bm	Balanta-mané	mc	Mancanha
bn	Banhum	md	Mandinga
bf	Biafada	mj	Manjaco
bj	Bijagó	ms	Mansoanca
cg	Cassanga	nl	Nalu
cb	Cobiana	pj	Padjadinca
cr	Guinean Creole	pp	Pepel
cs	Creole - flora of Senegal*	pt	Portuguese
dj	Djacanca	sr	Saracolé
fl	Felupe	ss	Sosso
fs	Senegalese felupe	td	Tanda
fr	French		

* names in Guinea-Bissau Creole reported in the Flora of Senegal

RESULTS AND DISCUSSION

Diversity and Socioeconomic Importance of WEP Species in Guinea-Bissau

A total of 114 wild edible plant (WEP) species consumed in Guinea-Bissau are documented in this study (Table **??**), providing the first comprehensive documentation of the wild edible flora of the country. Furthermore, a set of 3–5 photographs per WEP species — including images of living plants, plant parts, and herbarium vouchers — has been made available through the Zenodo digital repository (`https://zenodo.org/records/18413584`, Catarino and Indjai 2026).

The 114 WEP species belong to 89 genera and 45 families, with the most represented being Apocynaceae (11 species), Malvaceae (nine species), and Anacardiaceae, Arecaceae, and Fabaceae (seven species each). Only four species are introduced and naturalized, mostly originating from cultivated plants that now thrive in disturbed areas. Notably, *Spondias mombin*, an American species introduced long ago, is fully integrated into native forest vegetation.

Over one-third of WEP species are traded in local and urban markets, either seasonally or year-round when preservation extends the availability of edible parts. Several species have well-established supply chains from harvest sites to informal and urban markets, particularly Bandim Market in Bissau (Leite et al., 2024a), supporting many families with income. The rising economic value of some species, such as *Adansonia digitata, Dialium guineense, Elaeis guineensis*, *Parkia biglobosa* and *Saba senegalensis* (Figure 2), has increased awareness of their conservation, particularly among women in rural areas (Indjai et al., 2025). Promoting co-domestication, agroforestry integration, and cultivation in home gardens further enhances the value of these WEPs and supports sustainable forest management (Leite et al., 2024b).

Many WEPs are multifunctional, providing food, traditional medicine, construction materials, textiles, and phytochemicals. Important palms, such as *Borassus* spp. and *Elaeis guineensis*, exemplify species with diverse uses, emphasizing the need for sustainable management and conservation.

Patterns of Wild Plant Consumption

Fruits are the most widely consumed plant parts, with some traded extensively and others consumed locally, particularly by children and youth, for whom wild berries remain a key dietary component contributing to rural food security. Leaves and flowers are also used, either fresh (*djambôs*) or dried and ground (*lalos*), as with *Adansonia digitata*, *Bombax costatum*, *Ceiba pentandra*, and *Sesamum radiatum*, which can be preserved for year-round use and market sale (Catarino et al. 2019).

Wild roots and tubers, notably from *Dioscorea* spp., are traditionally considered 'famine foods', consumed mainly during periods of food resource scarcity. Their labor-intensive preparation and association with resource shortages have led to a decline in use. Preserving knowledge of these plants remains crucial, both for maintaining rural food security and for conserving phytogenetic resources with potential for research and improvement.

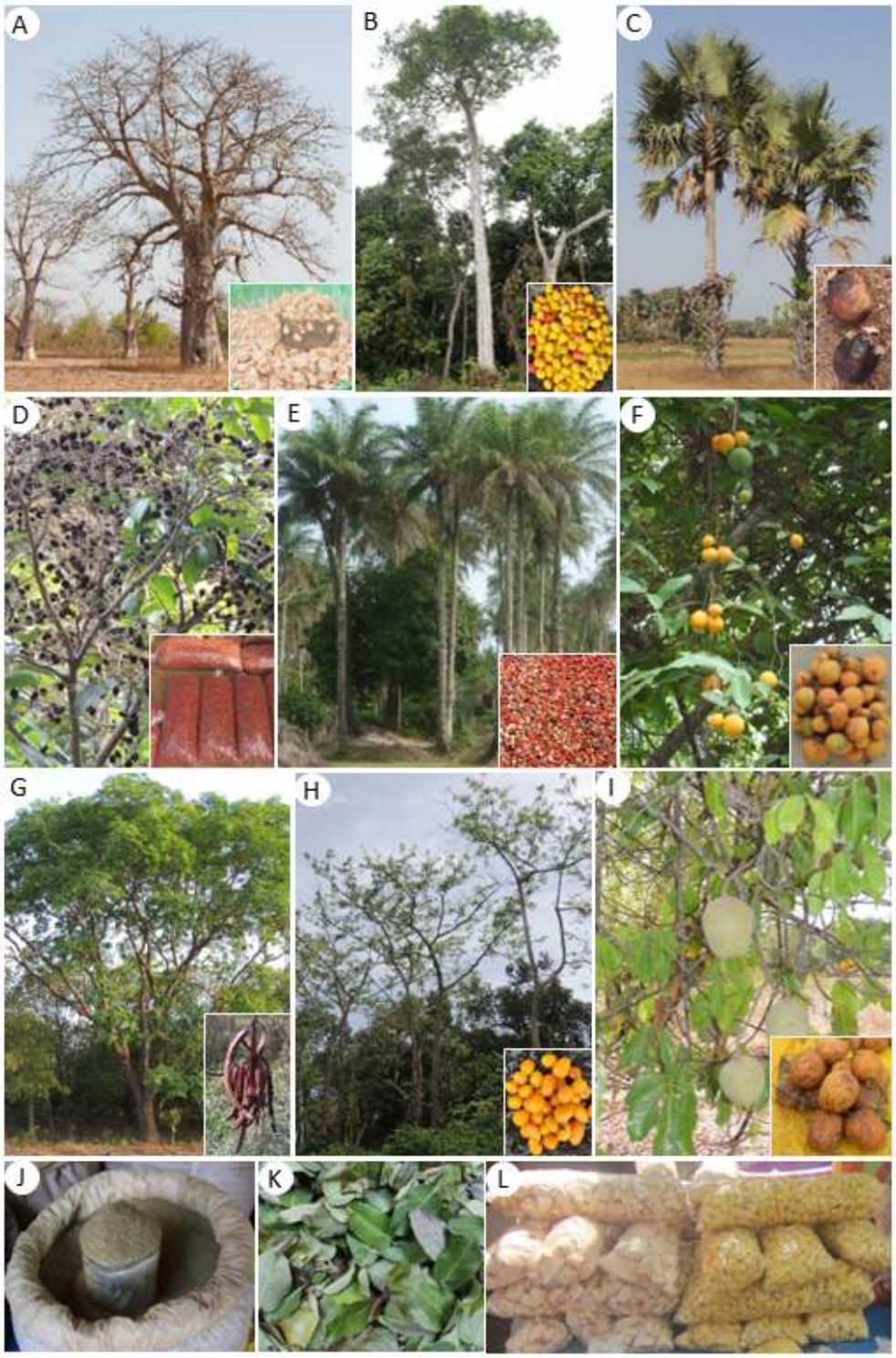

Figure 2. Important WEP species and products in Guinea-Bissau. Species: **A)** *Adansonia digitata*, **B)** *Anisophyllea laurina*, **C)** *Borassus aethiopum*, **D)** *Dialium guineense*, **E)** *Elaeis guineensis*, **F)** *Landolphia heudelotii*, **G)** *Parkia biglobosa*, **H)** *Spondias mombin*, **I)** *Saba senegalensis;* products: **J)** *lalo* (crushed dried leaves) of *A. digitata*, **K)** *djambô* (fresh leaves consumed as a vegetable) of *Ficus dicranostyla*, **L)** fruits of *A. digitata* and *P. biglobosa* sold at Bandim market, Bissau. (Photographs by BI and LC)

Table 2. Checklist of Wild Edible Plant species in Guinea-Bissau. (Notes: The accepted names of the species are in bold and the synonyms in regular font. Use groups: FOOD - Food s.l.; BUI - building material; FIB - fibers; FOD - fodder; MED - medicinal; PHY - phytochemical; RIT - ritual or cultural; UTE - utensils; OTH - other uses. Types of food uses: Fd - food s.s.; Bv - beverage; Cd - condiment; Eo - edible oil; Sw – sweetener. Plant parts used: Fl - flowers; Fr - fruits; Rt - roots and tubers; Lv - leaves; Se - seeds; Sp - sprouts. Common names: see abbreviations of languages in Table 1.)

Family / Species	Bioecology	Uses	Common names	Voucher
ACANTHACEAE (includes Avicenniaceae)				
***Avicennia germinans* (L.) L.** *Syn.: Avicennia africana* P.Beauv.; *Bontia germinans* L.	Tree or shrub, in mangrove.	FOOD (Fd | Fr): Sprouted seeds are used as food, particularly in the Bijagós Archipelago. In the past, they were an important food resource during periods of famine and throughout the national liberation struggle. BUI: The stems are used for house construction. MED: Used to treat stomach aches. UTE: The stems are used to make mortars and pestles, spoons, and combs. OTH: Used as firewood for cooking, smoking fish, and salt production.	Béthá, ió, petá, péthsá (ba); m'pind, bufind (bf); cobaca, cudjuno, eba (bj); behelm, ùle (cb); tarafe (cr); paletuvier-blanc (fr); cabêço, cabeddó, camangacú, cabedjaque, camangacú, cabelhacu (fl); úle (mc); futchonmulon (fs); tarafô, djibicum (md); pebadje, púle (mj); iófo (nl); búle (pp).	Região de Quínara, Parque Natural das Lagoas de Cufada, Rio Uassadu, 11° 44' 45"N / 15° 09' 09"W, 11/12/1997, Catarino & Djaló 325 [LISC131167]
***Nelsonia canescens* (Lam.) Spreng** Syn.: *Acanthodium spicatum* Nees; *Justicia canescens* Lam.	Perennial herb, in forest, palm groves, wet grass savanna and mangrove borders.	FOOD (Fd, Cd | Lv): The leaves are consumed as a vegetable and used as a stimulant; when placed in water, they impart a salty taste.	N'tobetobe, untúb-túbè (ba); sal-di-baka (cs); dépé, dêpê-farró (fu); nhicicumbalium (md).	Região de Cacheu, Setor de São Domingos, perto de Suzana 12° 18' 44"N / 16° 29' 20"W, 17/05/2000, Catarino & Bancessi 1108 [LISC131168]
AIZOACEAE				
***Sesuvium portulacastrum* (L.) L.** Syn.: *Halimus portulacastrum* (L.) Kuntze; *Portulaca portulacastrum* L.	Perennial herb, in mangrove and mangrove borders and along riverbanks.	FOOD (Fd | Lv): The leaves are cooked and eaten as vegetables. MED: Used for "cleansing the abdomen."	Bossaha, burunquè (ba); m'minró (bf); arroz-de-cacre, comida-de-pis-bus (cr); enhade (fs); n'bossé (nl); uondgi (ss).	Região de Tombali, Setor de Bedanda, Cantanhez, Catchamba Nalu, 14/04/1996, Frazão-Moreira 342 [LISC131169]
AMARANTHACEAE				
Alternanthera sessilis var. *nodiflora* (R.Br.) Kuntze	Annual herb, in savanna woodland, wet grass savanna and on riverbanks.	FOOD (Fd | Lv): The leaves are cooked and consumed as vegetables.	Bocha (ba).	Região de Gabu, tabanca Sonaco, 8/06/1989, Basto, Candé, Bancessi & Correia 124 [LISC131170]
***Amaranthus cruentus* L.** Syn.: *Amaranthus anacardana* Hook.f.	Annual herb, in disturbed places.	FOOD (Fd | Lv): The leaves are cooked in broths and eaten as vegetables. FOD: Used as pig feed.	Brêdo-fêmea, djambô, bordor (cr).	Região de Gabu, Setor de Piche, 13/09/1962, Alves Pereira 3200 [LISC131171]
	Note: Introduced and naturalized species, native to Central America. Species sold in urban markets.			

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Table 2. Checklist of Wild Edible Plant species in Guinea-Bissau. (Notes: The accepted names of the species are in bold and the synonyms in regular font. Use groups: FOOD - Food s.l.; BUI - building material; FIB - fibers; FOD - fodder; MED - medicinal; PHY - phytochemical; RIT - ritual or cultural; UTE - utensils; OTH - other uses. Types of food uses: Fd - food s.s.; Bv - beverage; Cd - condiment; Eo - edible oil; Sw – sweetener. Plant parts used: Fl - flowers; Fr - fruits; Rt - roots and tubers; Lv - leaves; Se - seeds; Sp - sprouts. Common names: see abbreviations of languages in Table 1.) (Continued)

Family / Species	Bioecology	Uses	Common names	Voucher
***Amaranthus spinosus* L.** Syn.: *Galliaria spitosa* (L.) Nieuwl.	Annual herb, in savanna woodland, rainfed crops and places under human influence.	FOOD (Fd | Lv): The leaves are used as a vegetable. PHY: The ashes are used in soap making. RIT: Used in the preparation of powdered tobacco.	Brêdo, bride, borbor, (cr); boro-boro, djambo (fu); d´jacumbacume (bn).	Região de Bafatá, Setor de Contuboel, tabanca Fajanquito, 19/09/1990, Diniz, Duarte & Candé 353 [LISC131172]
	Note: Introduced and naturalized species, native to Central and South America. Species sold in urban markets.			
***Amaranthus viridis* L.** Syn.: *Euxolus viridis* (L.) Moq.	Annual herb, in rainfed crops and other disturbed places.	FOOD (Fd | Lv): The leaves are cooked and eaten as vegetables.	Brêdo, borbor (cr); brédo, brédé-femia (cs); bóròbóròò (fl).	Região de Bafatá, tabanca de Fá, 22/01/1963, Guerra 3983 [LISC131173]
	Note: Species sold in urban markets.			
***Celosia argentea* L.**	Annual herb, ruderal.	FOOD (Fd, Bv | Lv): The leaves are used in the preparation of beverages. MED: Medicinal use.		Região de Tombali, Setor de Bedanda, Cantanhez, Catomboi, 26/11/1994, Frazão-Moreira 300 [LISC131174]
***Gomphrena vermicularis* L.** Syn.: *Blutaparon vermiculare* (L.) Mears	Perennial herb, in wet grass savanna, small lakes, on riverbanks, temporary pools, mangrove and mangrove borders.	FOOD (Fd | Lv): The leaves are cooked and eaten as vegetables. MED: Used to treat scabies.	brunde, malu-inretha (ba); m'minró (bf); arroz-de-cacre (cr); dalõnka-de-kamiño (cs); enhade (fs); abossé, m'bossé (nl).	Região de Cacheu, Setor de São Domingos, Varela, 16/04/1997, Diniz & Gonçalves 1854 [LISC131175]
ANACARDIACEAE				
***Lannea acida* A.Rich** Syn.: *Odina acida* (A.Rich.) Walp.	Small tree, in woodland and savanna woodland.	FOOD (Fd | Fr): The ripe fruits are edible, especially appreciated by children. FIB: The inner bark of the stem is used to make Bijagós skirts. MED: Used in traditional medicine to "increase blood flow" and treat eye pain. PHY: The sap or resin is used as glue.	bubombé (bf); n'onhague, cadute (bj); mantede, pó-de-saia (cr); equequeldamae (fl); bembedja, bembem-hei, tchingole (fu); ututene (fs); bémbô (md); betôlôdje (pp).	Região de Tombali, Setor de Bedanda, Iemberém, 9/12/1993, Frazão-Moreira 43 [LISC128656]

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Table 2. Checklist of Wild Edible Plant species in Guinea-Bissau. (Notes: The accepted names of the species are in bold and the synonyms in regular font. Use groups: FOOD - Food s.l.; BUI - building material; FIB - fibers; FOD - fodder; MED - medicinal; PHY - phytochemical; RIT - ritual or cultural; UTE - utensils; OTH - other uses. Types of food uses: Fd - food s.s.; Bv - beverage; Cd - condiment; Eo - edible oil; Sw – sweetener. Plant parts used: Fl - flowers; Fr - fruits; Rt - roots and tubers; Lv - leaves; Se - seeds; Sp - sprouts. Common names: see abbreviations of languages in Table 1.) (Continued)

Family / Species	Bioecology	Uses	Common names	Voucher
***Lannea nigritana* (Scott Elliot) Keay** Syn.: *Odina nigritana* Scott Elliot; *L. afzelii* Engl.	Small tree, in woodland and savanna woodland.	FOOD (Fd | Fr): The ripe fruits are edible, particularly appreciated by children.	bubombé (bf); n'onhague, cadute (bj); mantede, pó-de-saia (cr); equequeldamae (fl); bembedja, bembem-hei, tchingole (fu); ututene (fs); bémbô (md); betôlôdje (pp).	Região de Gabu, Setor de Boé, junto a Dandu, 2/04/2000, Catarino & Bancessi 391 [LISC003047]
***Lannea velutina* A.Rich.** Syn.: *Calesiam velutinum* (A.Rich.) Kuntze; *Odina velutina* (A. Rich.) Oliv.	Small tree, in woodland and savanna woodland.	FOOD (Fd | Fr): The ripe fruits are edible, especially appreciated by children. FIB: Ropes and Bijagós skirts are made from the inner bark of the stem.	bubombé (bf); mantede (cr); bembedje, bembem-hei, tchingole (fu); bêmbô (md); betôlôdje (pp).	Região de Quínara, Parque Nacional das Lagoas de Cufada, Fulacunda, 3/06/1996, Martins & Catarino 1201 [LISC128702]
***Pseudospondias microcarpa* (A.Rich.) Engl.** Syn.: *Spondias microcarpa* A.Rich.	Tree, in forest, gallery forest, and palm groves.	FOOD (Fd | Fr): The ripe fruits are sweet and edible, consumed by both children and adults.	bunhirirabu, burumbunabu (fl); cadjôdjáe (fu); bembô (md); utime (pp).	Região de Bolama, Ilha de Bubaque, Ambanha, 31/10/1996, Campos, Indjai & André 121 [LISC128773]
***Sclerocarya birrea* (A.Rich.) Hochst.** Syn.: *Spondias birrea* A. Rich.; *Poupartia birrea* (A.Rich.) Aubrév.	Shrub or tree, in savanna woodland.	FOOD (Fd | Fr): The ripe fruits are edible. MED: A maceration of the bark and leaves is used to treat fever.	éri (fu).	Região de Gabú, Setor de Pirada, Cam Djufa, 2/11/1988, Gonçalves, Pinto-Basto, Candé, Bancessi & Sané 83 [LISC128791]
***Sorindeia juglandifolia* (A.Rich.) Planch. ex Oliv** Syn.: *Dupuisia juglandifolia* A. Rich.	Shrub or small tree, in woodland, savanna woodland and palm groves.	FOOD (Fd | Fr): The ripe fruits are edible. MED: Used in traditional medicine to treat male sexual impotence. Crushed leaves are applied to heal wounds and abscesses.	m'riuol (ba); aionque (bj); mambol-mbol (bf); undêbári (plant), balêbári (fruit) (cb); sandji-bombro (fu); cupote-cuxolourô, coxolourô (fs); lagari (mj); untchalbinass, n'tchalúas, n'taluass (nl); n'tata, untata (pp); ambilire (td).	Região de Gabu, Setor de Boé, perto de Lugadjole, 11° 48' 42"N / 13° 51' 44"W, 5/04/2000, Catarino & Bancessi 482 [LISC003054]

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Family / Species	Bioecology	Uses	Common names	Voucher
***Spondias mombin* L.** (Figure 2-H)	Shrub or small tree, in woodland, savanna woodland and palm groves.	FOOD (Fd, Bv | Fr): The pulp of the ripe fruits is eaten raw and used to prepare juices and soft drinks. BUI: The branches and stems are used to build backyard fences, latrines, and toilets. MED: The leaves are used in traditional medicine to treat eye pain.	p'sale, sale, samé (ba); budjabual (plant), mandjabual (fruit) (bf); ugai, negae, ogáe ou negae (bj); mandiple (cr); upôssé, báfôssé (fruit) (cb); arcu, mandipru, mandipul (cs); prunes-mombin (fr); cudidak (fl); bujendendem (fs); tchálè (fu); n'pela, umpela (mc); pilme (mj); nincom-ô (md); n'fal (nl); n'pilo, umpilo (pp).	Região de Cacheu, Setor de Cacheu, 12° 15' 47"N / 16° 01' 37"W, 15/04/2000, Catarino & Bancessi 701 [LISC003056]
	Note: Introduced and naturalized species, native to Central and South America.The mandiple fruits are highly valued for making juices and are widely sold during their ripening period.			
ANISOPHYLLEACEAE				
***Anisophyllea laurina* R.Br. ex Sabine** (Figure 2-B)	Large tree, in forest, woodland and riparian forest.	FOOD (Fd | Fr): The pulp of the ripe fruit, slightly acidic in taste, is eaten fresh and used in the preparation of jams. BUI: The wood, resistant to termite attack, is used in house construction. MED: Leaves are placed on the eyes to treat inflammation. UTE: Used in the manufacture of household utensils.	mafel, máfèlè (ba); budjagalá (plant), mandjagalá (fruit) (bf); edoconhe, edochonhe (bj); miséria, pau-miséria, pó-de-miséria, po-miséria (cr); kanse (fu); sénhè, n'sunp, unsununtu (nl); cantingui (ss); angueidja (td).	Região de Bolama, setor de Caravela, 11° 27' 52"N / 15° 55' 49"W, 26/04/2000, Catarino & Bancessi 779 [LISC003008]
	Note: The miséria fruits are highly valued for making juices and jams and are widely sold during their ripening period.			
ANNONACEAE				
***Annona glabra* L.**	Small shrub, in wet grass savanna and coastal sands.	FOOD (Fd | Fr): The ripe fruits are edible. MED: The macerated root is used to treat abdominal pain.	boné (nl); suni (ss).	Região de Tombali, Setor de Bedanda, Iemberém, Cadique, 9/12/1993, Frazão-Moreira 38 [LISC092489]
***Annona glauca* Schumach. & Thonn.**	Small shrub, in wet grass savanna and coastal sands.	FOOD (Fd | Fr): The ripe fruits are edible.	m'bonhé (nl).	Região de Tombali, Setor de Bedanda, Cantanhéz, Canamine, 2/07/1994, Frazão-Moreira 260 [LISC092497]

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Family / Species	Bioecology	Uses	Common names	Voucher
***Annona senegalensis* Pers.**	Shrub in woodland and savanna woodland.	FOOD (Fd | Fr): The ripe fruits are edible, especially appreciated by children. MED: Root infusions are used to treat female infertility. Roots and flowers are used for eye pain. Crushed leaves are inhaled to treat colds. Leaf infusions are used to treat dysentery. PHY: Sun-dried leaves are placed in metal tanks or baskets (*cufu*) made from *Borassus* spp. leaves to preserve the fruits of *Parkia biglobosa*.	bórè, bodi-iode (ba); bubomba (bf); bole, ebud (bj); jatata (bn); butotocap, utótóca, bufuloloncab, bulalanque (fl); sila (fu); pinha-di-mato, mambomba, mambumba, mam-bunda (cr); ulolocô (dj); ducúmè, ducumê (fu); suncun-úm, sucum-ô (md); benémpe, benempele, benotaro (mj); bâme (mc); sampane (pp); anocotô (td).	Região de Cacheu, Setor de São Domingos, Varela, 12° 17' 23 "N / 16° 34' 25"W, 17/10/1995, Diniz, Gonçalves & Catarino 991 [LISC093010]
***Uvaria chamae* P.Beauv.**	Shrub or liana, in woodland, savanna woodland and palm groves.	FOOD (Fd | Fr): The ripe fruits are edible. FIB / UTE: Fibers extracted from the stems are used to make ropes and baskets. Fresh or dried leaves are used to roll cigarettes. MED: Leaves are used to treat whooping cough, stomach aches, hemorrhoids, and wounds. Leaf decoctions are inhaled as steam and used in warm baths for the treatment of malaria.	boúrtchi (bf); banana-de-santcho, banana-santcho, banana-di-macacou (cr); fudia (dj); buhá, uldeuá (fl); quélè-balè, qélè-bálei, quelibaledje (fu); banana-naine (fr); bugunha, bogunha, begundja (mj); sambafim-ô, sambafiom sambefim (md); bugunha, bogunha, begundja (mc); n'pinde (nl); gúndjê (pp); mourandá (ss).	Região de Cacheu, Setor de São Domingos, Varela, Catão, 12° 17' 22"N / 16° 32 17"W, 18/04/1997, Diniz & Gonçalves 1908 [LISC093178]
	Note: The *banana-santcho* fruits are sold in the city markets during their ripening period.			

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Family / Species	Bioecology	Uses	Common names	Voucher
***Xylopia aethiopica* (Dunal) A.Rich.** Syn.: *Annona aethiopica* (Dunal) Steud.; *Unnona aethiopica* Dunal	Small tree, in woodland.	FOOD (Bv, Cd | Fr, Rt): The ripe fruit is used as a spice and to prepare a coffee substitute (café-tuba). MED: The peel, fruits, and seeds have numerous medicinal uses. PHY: Dried and burned fruits act as an insecticide. RIT: Dried and burned fruits are used to repel evil spirits in the home; roots are placed in pots of water to flavor it and protect it against spells.	sentê, sem-unte-pulhe, psimeté-m'pole (ba); can-fin (bf); malagueta-negra, malagueta-preta, malagueta-da-Guiné, malagueta-preta-de-Guiné, malagueta-di-mato, pimenta-da-Guiné, pimenta-preta (cr); eda, equêche, ocanhebo, equéchê (bj); erauci (dj); buroabu, bureuab (fl); guilè-bétè, guilé-balei(fu); canafiô, janafim-ô (md); irú, brôbleque (mj); idóié-iginal (mc); séla (nl); djodjô, iobogôfo, djó-gófe (pp); calantú, calatù (ss).	Região de Bolama, Setor de Uno, Ilha de Orango, 11° 10' 26"N / 16° 08' 34"W, 2/05/2025, Catarino & Bancessi 879 [LISC093260]
	Note: The fruits of malagueta-preto are sun-dried and sold throughout the year in city markets.			
APOCYNACEAE				
	Note: The pulpy, ovoid fruits of shrubs and lianas of the genera *Landophia* and *Saba* are known as *fole* in Guinea-Bissau creole. Two main types can be distinguished: *fole-badjuda* or *fole-pequeno* (mainly from *Landolphia heudelotii*) and *fole-de-elefante*, mainly from *Saba senegalensis* and *Landolphia owariensis*.			
***Landolphia dulcis* (Sabine ex G.Don) Pichon** Syn.: *Carpodinus dulcis* Sabine ex G.Don	Shrub or woody climber, in woodland, savanna woodland, palm groves and on riverbanks.	FOOD (Fd | Fr): The ripe fruits are edible when eaten fresh. MED: Roots are used in traditional Bijagó medicine to treat abdominal pain, stimulate appetite, and treat pregnant women experiencing blood loss.	nanhale, nanhala, impequece (ba); erocodo, eropode, noropod (bj); cibode, mambimba (cr); suncutó-fóleo (md); becute, blambô (mj); ubimba, ucimba (pp); codudú (sr).	Região de Cacheu, Setor de São Domingos, tabanca Candemba, 12° 19' 7,8"N / 16° 27' 26,3"W, 19/10/1995, Diniz, Gonçalves & Catarino 1227 [LISC131187]
	Note: The fruits of this species are sold in urban markets.			

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Family / Species	Bioecology	Uses	Common names	Voucher
***Landolphia heudelotii* A.DC.** (Figure 2-F)	Shrub or woody climber, in woodland, savanna woodland, riparian forest and palm groves.	FOOD (Fd, Bv | Fr): The ripe fruits, sour in taste, are eaten fresh (often salted and spiced) and used to prepare juices, soft drinks, and cooking vinegar (*fole* vinegar). MED: Bark is used during childbirth. Leaves are used for intestinal problems, body swelling, and itching. Dried branches are smoked to treat "mental problems". PHY: Latex was formerly extracted and traded as rubber for export and used to repair bicycle and motorcycle inner tubes. The sap is used to trap birds. UTE: Children use the rubber to make balls for playing football.	psôbé (ba); mankinda (fruit), boúnda (plant) (bf); canho, erocodo, n'batano, umbatano (bj); fole, fole-macacou, folezinho, fole-badjuda, fole-pequeno, mambimba, (cr); foli (cs); baemba, eémbai (fl); bufene (fs); porè-lárè (ff); débol-pólêdje (fu); fóleossum-ô (md); betá (mj); entonke (nl); angambane (td).	Região de Cacheu, Setor de São Domingos, Varela, 12° 19' 22"N / 16° 23' 57"W, 15/04/1997, Diniz & Gonçalves 1812 [LISC131182]
	Note: The fruits of *fole-badjuda* are used to make vinegar which is widely sold throughout the year in the markets.			
***Landolphia hirsuta* (Hua) Pichon** Syn.: *Carpodinus hirsuta* Hua	Large woody climber, in forest and riparian forest.	FOOD (Fd | Fr): The ripe fruits are edible. MED: Medicinal use.	fole (cr); simpumpu (cb).	Região de Tombali, Setor de Bedanda, Porto de Cananime, 16/11/1994, Diniz, Moreira & Frazão-Moreira 967 [LISC131180]
	Note: The fruits of *fole* are sold in urban markets.			
***Landolphia incerta* (K.Schum.) J.G.M.Pers** Syn.: *Carpodinus incerta* K.Schum.; *Clitandra mannii* Stapf	Woody climber, in forest, woodland and riparian forest.	FOOD (Fd | Fr): The ripe fruits are edible.	djacoram (fu).	Região de Tombali, Setor de Bedanda, Cantanhez, 16/01/1962, Alves Pereira 2827 [LISC131184]
***Landolphia owariensis* P.Beauv.**	Large woody climber, in forest, woodland and savanna woodland.	FOOD (Fd, Bv | Fr): The ripe fruits are edible.	fole-elefante, fole-de-elefante (cr); lamúquè (ff); lamúdè (fu); cabádjô (md); mentá (mj).	Região de Cacheu, Carabana, 22/03/1984, Sané 38 [LISC131183]
	Note: The fruits of *fole-elefante* are sold in urban markets.			

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Family / Species	Bioecology	Uses	Common names	Voucher
***Leptadenia lanceolata* (Poir.) Goyder** Syn.: *Leptadenia hastata* Vatke	Small woody climber in woodland, savanna woodland and coastal sands.	FOOD (Fd | Lv, Fl): Young leaves and flowers are eaten as vegetables. MED: Roots and leaves are used medicinally. The sap of young leaves is inhaled through the nose and exhaled repeatedly to treat flu. Fresh leaves are pounded and mixed with rice flour and black corn (*Cenchrus americanus*), cooked into a paste, sweetened with sugar or honey, and taken by women as a lactation stimulant. RIT: The associated ritual, accompanied by songs, drums, dances, games, and fights, is also intended to stimulate fertility in women experiencing difficulty conceiving.	inrokdé, n'rocdè, enrocodé (ba); sapaté (bf); caido (bj); cibode, sapaté (cr), sapaté (cs); butchilduabo, bussumbamatab, bussumadab (fl); djambo-soredjé, safaro, safarodje (fu); fudjerau (fs); bé-thácare (mc); m'bafecabuduco (nl); bissacra (pp).	Região de Cacheu, Setor de São Domingos, Varela, 12° 19' 22"N / 16° 34' 11"W, 16/04/1997, Diniz & Gonçalves 1823 [LISC131185]
***Mondia whitei* (Hook.f.) Skeels** Syn.: *Chlorocodon whitei* Hook.f.	Small woody climber, in woodland, savanna woodland and riparian forest; also, in cashew plantations.	FOOD (Fd, Bv, Sw | Fr, Rt): The fruits are edible. Roots are used, mainly by young people, to sweeten and flavor tea (*warga*). MED: Roots have medicinal uses. RIT: Roots are placed in pots of drinking water to add flavor and protect the water against spells.	mangassónco (ba); tim-tim (bf); conir (cg); pó-doce (cr); kindé (fl); lacadje (fu); nhancã-ó, nhancáno (md).	Região de Oio, Setor de Mansoa, Cuntubó, 10/08/1962, Alves Pereira 3114 [LISC131181]
	Note: The roots of *pó-doce* are sold in urban markets.			
***Saba comorensis* (Bojer ex A.DC.) Pichon** Syn.: *Landolphia florida* Benth.; *S. florida* (Benth.) Bullok; *Vahea comorensis* Bojer ex A.DC.	Woody climber, in woodland, palm groves and mangrove borders.	FOOD (Fd | Fr): The ripe fruits are edible.	caba-forô (md); mutaba (pp).	Região de Bafatá, tabanca de Fá, 04/04/1963, Guerra 4003 [LISC131179]
	Note: This species is not very well known and can be confused with *Saba senegalensis*. Its fruits are sold in urban markets.			

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Family / Species	Bioecology	Uses	Common names	Voucher
***Saba senegalensis* (A.DC.) Pichon** (Figure 2-I) Syn.: *Landolphia senegalensis* (A.DC.) Kotschy & Peyr.; *Vahea senegalensis* A. DC.	Large woody climber, in forest, woodland, savanna woodland, palm groves and mangrove borders.	FOOD (Fd, Bv | Fr): The ripe fruits, acidic in taste, are eaten fresh and used to prepare juices and soft drinks. MED/RIT: Washing the body with water obtained from macerated leaves is believed to remove the "evil eye". The body is washed with a leaf infusion when feverish.	mancóca (fruit), boúóca (bf); capdjone (bj); fole, fole-de-elefante, fole-elefante, tole (cr); foli, foligros, tolé (cs); endoquei, efumbai (fl); bindipe (fs), poré (fu); cabá (md).	Região de Quínara, Parque Nacional das Lagoas de Cufada, 11° 38' 16"N / 15° 06' 51"W, 2/05/2001, Martins & Catarino 1674 [LISC131178]
	Note: Highly appreciated, the fresh fruits of *fole-de-elefante* can be found for sale in markets throughout the year and are widely marketed nationally, sub-regionally (to Senegal) and in the Guinean diaspora (to Cabo Verde and Portugal).			
***Tacazzea apiculata* Oliv** Syn.: *T. apiculata* var. *benedicta* Scott Elliot	Small woody climber, in woodland and on riverbanks.	FOOD (Fd | Lv): The leaves are used as a vegetable.	sapaté (bf); nhandurrabo (bj); sapaté (cr); saparô, mancahaneidje (fu).	Região de Quínara, Parque Natural das Lagoas de Cufada, 11° 41' 40,2"N / 15° 09' 27,4"W, 4/06/1996, Martins & Catarino 1232 [LISC131176]
***Voacanga africana* Stapf**	Small tree or shrub, in forest, woodland, savanna woodland and palm groves.	FOOD (Fd | Fr): The pulp of the fresh fruit is edible, especially appreciated by children. MED: Roots are used in traditional medicine. UTE: Young forked branches are used to make slingshots (*borracha*), a traditional tool for hunting birds and small rodents.	blacahai (ba); epopoquê (bj); pau-de-borracha (cr); bufaghab, buaecaeb (fl); m'pumbu (nl).	Região de Bolama, Ilha de Bubaque, Ambanha, 31/10/1996, Campos, Indjai & André 128 [LISC131177]
ARALIACEAE				
***Cussonia arborea* Hochst. ex A.Rich.** Syn.: *Cussonia barteri* Seem.; *C. kirkii* Seem.; *C. longissima* Hutch. & Dalz.	Small tree, in savanna woodland.	FOOD (Fd | Fr): The fruits are consumed during periods of food scarcity. MED: The species has medicinal uses.	papaia-do-mato (cr).	Região de Gabu, Piche-Burumtuma, 09/12/1961, Alves Pereira 2290 [LISC131186]

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Family / Species	Bioecology	Uses	Common names	Voucher
ARECACEAE				
	Note: The two *Borassus* species are very similar, and until recently, only the species *B. aethiopum* was recognized. Therefore, the common names and uses should be considered the same for both species.			
***Borassus aethiopum* Mart.** (Figure 2-C)	Palm tree in woodland and savanna woodland.	FOOD (Fd, Bv | Fr, Se, Sp,): The fruit of *Borassus* spp. has different uses depending on its stage of development. When green and immature, it contains a sweet, gelatinous liquid that is consumed fresh (*ancol*). When ripe, the pulp becomes fibrous and yellowish and can be cooked or roasted and eaten as an energy-rich food. At a later stage, as the embryo develops, soft, white, sweet reserve tissues - similar to coconut - are formed and consumed. The inner apical bud of the young plant (*corson-de-cibe*) is also extracted and traditionally regarded as a famine food. In addition, the sap of this palm (*vinho-de-cibe)* is tapped. Because extraction of the apical bud and sap kills the palm, these practices are now rarely carried out. BUI: The trunk is widely used in roofing traditional houses. FIB / UTE: The leaves are used in basketry manufacture. MED: Palm hearts extracted from young seedlings may be consumed fresh to relieve stomach aches, although they are mainly eaten after cooking.	bace (ba); buár, budjala (bf); eudá (bj); cibe (cr); baolab, ecompossai (fl); dúbè, cibedje (fu); dúbè (ff); rônier, palmier-rônier (fr); cibô (md); n'bene, umbena (mj); n'bene, umbena (mc); opane, buane (pp).	Região de Oio, Setor de Mansaba, Cucutó, 28/12/1960, Alves Pereira 1058 [LISC131188]
	Note: The *cibe* is an important WEP species in the country, often harvested and marketed in urban and rural markets. However, both *Borassus* species are heavily hunted for use as building material, and their respective populations have been declining.			

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Family / Species	Bioecology	Uses	Common names	Voucher
***Borassus akeassii* Bayton, Ouédr. & Guinko**	Palm tree in woodland and savanna woodland.	Uses similar to those of *B. aethiopum*.	The same common names as *B. aethiopum*.	Região de Cacheu, Setor de Canchungo, junto a povoação, 12, 07454 N / 16, 04477W, 3/05/2024, Indjai 228 [LISC131236]
***Elaeis guineensis* Jacq.** (Figure 2-E)	Palm tree, in forest, woodland, palm groves, riparian forest, wet grass savanna and mangrove borders.	FOOD (Fd, Bv, Eo | Fr, Se, Sv): The seed of the immature fruit contains a soft, sweet kernel that is extracted and consumed. The pulp of ripe fruits is eaten fresh or cooked. Palm oil is extracted from the pulp and widely used in cooking; oil from the kernel is also used as food. Palm wine, highly valued locally, is obtained through incisions at the base of developing inflorescences. The apical bud of the young plant is extracted, cooked, consumed, and also used as pig feed. MED: Various parts of the palm - roots, leaves, flowers, and fruits - are used in traditional medicine. Palm oil and kernel oil are also used medicinally. BUI: Used as building material. FIB / UTE: Used in basketry and the manufacture of artifacts. PHY: Palm oil and kernel oil are used in the production of black soap. Kernel oil is also used in cosmetics. RIT: Palm wine is used in ceremonial rites.	quem, ribe (ba); n'theen, n'tchén (bm); tchiutche (bn); benintchi, bunintche, mancama (bf); eárra, iara (bj); útche, diútche (cg); útche (cb); palmeira-de-óleo, palmera, pé-de-tchebém, pé-de-palmera (cr); tendjo-merengnho (dj); efulei, ebequelai (fl); palmier-à-huile (fr); n'quemê, unquemê (pp); djir (bt); tem-em-eih (fu); tuguêih, tuguê (ff); ríp, n'rip (ms); mintchame (mj); bitchime, b'quem (mc); tem-ô (md); n'sise, n'fencab (nl); palmeira de azeite, palmeira de óleo, palmeira-dendém (pt); b'nitchi (pj); tenculotinhen (sr); tafa, tuki-bili (ss); aguei (td).	Região de Cacheu, Setor de São Domingos, Varela, 11° 17' 56,8"N / 16° 33'44,4"W, 17/10/1994, Diniz, Gonçalves & Catarino 1031 [LISC061874]
	Note: The *palmera* is probably the most important WEP species in the country, widely harvested and marketed in urban and rural markets, available year-round. Although widely cultivated in many countries, this palm tree is native to West Africa, and natural palm groves are widely used by resident communities.			

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Family / Species	Bioecology	Uses	Common names	Voucher
***Hyphaene thebaica* (L.) Mart.** Syn.: *Corypha thebaica* L., *H. santoana* Furtado	Palm tree, in woodland.	FOOD (Fd, Bv | Fr): The pulp of the ripe fruit, which is very firm, is eaten fresh, particularly by children. The fruit contains a small amount of sweet liquid, similar to coconut water, which is especially appreciated by children. BUI / FIB: The leaves were formerly used in house construction and roofing. MED: The pulp of the ripe fruit is traditionally used to relieve stomach aches.	sárkma (ms); bébén-bubabu (mj).	Região de Oio, Estrada entre Mansoa e Mansaba, 28/01/1988, Espírito-Santo 2425 [LISC131189]
***Phoenix reclinata* Jacq.**	Small palm tree, in riparian forest, wet grass savanna and mangrove borders.	FOOD (Fd, Bv | Fr): The pulp of the ripe fruit is consumed mainly by children and young people. Children also use this palm to learn how to extract palm wine. FIB / RIT: The leaves are used by the Felupe and Manjaco people as ornaments (skirts) in the dances associated with the *fanado* initiation rites of young males.	sérquê, sarábá (ba); budjiá, buadiá (bf); edjaga, madjaca (bj); tamara, tamara-de-mato (cr); tãmbra (cs); ikoi, udjacak, bundjucab (fl); bêlem (fu); bedjaca, n'djak, b'djak, m'jacai (mj); corossedjambo, bam-ò, córóssó (md); medjaca (pp).	Região de Quínara, Parque Natural das Lagoas de Cufada, 11° 44' 23" N / 14° 57' 30"W, 23/11/1997, Martins & Catarino 1404 [LISC061879]
***Raphia palma-pinus* (Gaertn.) Hutch.** Syn.: *Sagus palma-pinus* Gaertn.	Shrubby palm, in palm groves, riverbanks, and mangrove borders.	FOOD (Fd, Bv | Fr): The pulp of the ripe fruits is edible. FIB / RIT: Immature fruits were formerly used to make necklaces for traditional dances and rites. The leaves are used in the manufacture of artifacts and in making Bijagó skirts for spiritual rites and funeral dances. UTE: Leaves are used to make mats, chairs, and tara benches. MED: The fruits are used to treat stomach aches and pains.	bacóbo (bn); m'buéma (bf); gadjó (cg); tarra, mandjonco (cr), banfóro (md).	Região de Cacheu, Setor de Canchungo, Pijame, 15/012/1960, Raimundo & Guerra 549 [LISC131190]

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Family / Species	Bioecology	Uses	Common names	Voucher
***Raphia sudanica* A.Chev.**	Shrubby or palm tree, in inland valleys.	FOOD (Fd | Fr): The pulp of the ripe fruit is edible. MED: The fruit is used to treat stomach aches and pains. When a leaf is cut, the sap coagulates upon contact with air, forming a thick resin that is applied topically to treat skin conditions (*m'pintchu*). FIB / UTE: Leaves are used to manufacture furniture such as mats, chairs, beds, and tara stools. BUI: Leaves are also used to make fences.	tara (cr); bandjé (fu); bandjón (md).	Região de Gabú, Setor de Pitche, bolanha de Bidigor, 12° 21' 52"N / 13° 56' 59"W, 8/1/2023, Indjai 226 [LISC131191]
CELASTRACEAE				
***Salacia senegalensis* (Lam.) DC.** Syn.: *Hippocratea senegalensis* Lam.	Shrub or woody climber, in forest, woodland, savanna woodland, and palm groves. Note: The fruits of *mancubaru* are sold in urban markets.	FOOD (Fd | Fr): The ripe fruits are edible. MED: Pounded roots are used to relieve toothaches.	blanhè, blandé, blende, lenda (ba); buábolia (plant), mancábolia (fruit) (bf); lédjêdja, epo, neguêdja (fruit), nepo (fruit) (bj); mancuba, momboli, mancúbaru, mancubaru, manubam, mancubar, mézinho-grande (cr); ucôber, ghauber (cb); mãnkobãnd (cs); caghawaco, bughauab (fl); porécududo, ulbo, suncurô-fólè (fu); becubar (mj); suncurò-fóleò (md); mankidés, umbol, mambumba (nl); kinkirisá (ss); mangangarasse (td).	Região de Quínara, Parque Natural das Lagoas de Cufada, Buba-Fulacunda, 11° 42' 28"N / 15° 04' 45"W, 04/06/1996, Martins & Catarino 1211 [LISC120870]

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Family / Species	Bioecology	Uses	Common names	Voucher
CHRYSOBALANACEAE				
***Chrysobalanus icaco* L.** Syn.: *C. orbicularis* Schum. & Thonn.; *C. ellipticus* Soland. ex Sabine	Shrub or small tree, in coastal sands, woodland, savanna woodland, small lake margins, and mangrove borders.	FOOD (Fd | Fr): The pulp of the ripe fruit is edible and especially appreciated by children.	nbéngha, ebenga, ebenha, énhapitche (bj); kuculaco (fl); bôpace (mj).	Região de Bolama, Setor de Uno; Ilha de Orango, 11° 10' 26"N / 16° 08' 36"W, 1/05/2000, Catarino & Bancessi 850 [LISC003007]
***Neocarya macrophylla* (Sabine) Prance ex F.White** Syn.: *Parinari macrophylla* Sabine; *P. senegalensis* Perr. ex DC.	Small tree or shrub, in woodland, savanna woodland, palm groves, wet grass savanna and coastal sands.	FOOD (Fd | Fr, Se): The pulp of the ripe fruit is edible. The fruits contain edible almonds that are available almost year-round in urban markets. MED: Almonds are used to prevent high blood pressure. Green fruits contain a resin used as a suture with immediate healing effects on wounds and cuts. The bark and leaves also have various uses in traditional Bijagó medicine, particularly for treating toothaches.	n'djapô, undjapô, und n'bute, umbatú, téhè (ba); bufângha (bf); nororodo, nórònóròdó, orodjô, urodo (bj); mampatace-gande, tambacumba, tamankumba (cr); bauabu, hama (fl); bio, quió (fruit) (fl); curanaco, náudo, nando (fu); cura-bussuma (ff); batè (fs); tambacumba (md); menau, bénôbénô, bitiague (mj); menau, bénôbénô, bitiague (mc); mavéu (nl); bansumá (ss).	Região de Cacheu, Setor de São Domingos, desvio para Elia, 12° 19' 22"N / 16° 23' 57"W, 15/04/1997, Diniz & Gonçalves 1778 [LISC131192]
	Note: The almods of *tambacumba* are sold in the markets.			
***Parinari curatellifolia* Planch. ex Benth.**	Tree or shrub in woodland and savanna woodland	FOOD (Fd | Fr, Se): The ripe fruits are edible.	mámpara-djom-áe (fu).	Região de Oio, Olossato, 7/01/1961, Alves Pereira 1227 [LISC131193]

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Family / Species	Bioecology	Uses	Common names	Voucher
***Parinari excelsa* Sabine**	Large tree, in forest, woodland, savanna woodland and palm groves.	FOOD (Bv, Fd | Fr, Se): The pulp of the ripe fruit is edible and seasonally sold in rural and urban markets. The seed is edible, similar to that of *Neocarya macrophylla*, but is not widely used due to its small size. Sun-dried pulp is preserved and used in the preparation of *moni*, serving as a sweetener and sugar substitute. *Moni* is a corn or rice porridge widely consumed by Muslims during the month of Ramadan. In the past, the pulp of ripe fruits was fermented by non-Muslim ethnic groups to produce vinho-de-mampataz (*mampataz* wine).	n 'djano, undiano, meile, pilé (ba); mantchoul, bussuól (bf); nhêg-cuneme, uguene, ukenom, kankenom (fruit), uquenem, ucané (bj); mampatace, mampatas (cr); buotutab (fl); cura, uranaco (fu); cura (ff); bionai (fs); minquela (mc); n'tchalame, bitchalam (mj); mampatá (md); lút (nl); minquelma (pp); sugé (ss); atchaguesse (td).	Região de Tombali, Setor de Bedanda, Cantanhéz, Canamine, 01/06/1994, Frazão-Moreira 229 [LISC131194]
	Note: The fruits of *mampatace* are sold in the markets.			
COMBRETACEAE				
***Combretum micranthum* G.Don**	Shrub, small tree or woody climber, in woodland, savanna woodland, riparian forest and palm groves.	FOOD (Bv | Lv): Dried leaves are sold in markets throughout the year, with increased demand during Ramadan, for preparing an infusion used to break the Muslim fast. MED: Leaves are reported to have antipyretic properties and are used to treat bilious conditions and other liver diseases. UTE: Pieces of branches are used as toothbrushes.	bsálá, p'sangla (ba); bussádanca (bf); upatocuma (bj); buco, café, café-bravo, chá-de-buco (cr); bôk, bu-ok, kinkélib, (cs); buteó, buchicabu (fl); cancaliba (ff); butique (fs); canquelibá, quem-quelebá, tade (fu); buôque (mc); barcolomô, cancalibá (md); buco (mj); n'babass (nl); buéco (pp); buko (ss); ambate (td).	Região de Tombali, Setor de Bedanda, Cantanhéz, Catchamba Nalu, 02/02/1994, Frazão-Moreira & Moreira 81 [LISC131195]
	Note: The leaves of *buco* are sold in the markets.			

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Family / Species	Bioecology	Uses	Common names	Voucher
***Terminalia macroptera* Guill. & Perr.**	Tree or shrub in woodland, savanna woodland and wet grass savanna.	FOOD (Bv | Lv): Leaves are used as a tea or coffee substitute, particularly by Muslim communities during Ramadan, due to their perceived medicinal properties. MED: Used to treat "yellow fever" (hepatitis) and itching. Leaves are employed as diuretic, antitussive, and antimalarial agents. The root is used for venereal diseases. Roots are boiled together with tea (*warga*) to stimulate male sexual potency (*culembé*).	fadi (ba); bulofôr (bf); karkone, macete, macite (cr); bóde, bói (fu); badarap (fl); djamba-catam (ff); bolóbô (mc); hólô-fôro (md); betáli, betcháli, betèlèdje, braqui, têlêjê (mj); n'kone (nl); n'túlam, untulam (pp).	Região de Tombali, Estação de Quebo (Coli), 17/11/1996, Diniz & Catarino 1756 [LISC131196]
	Note: The leaves of *macite* are sold in the markets.			
CONNARACEAE				
***Cnestis ferruginea* Vahl ex DC.**	Shrub or woody climber, in forest, woodland and palm groves.	FOOD (Fd | Fr): The thin pulp of the ripe fruit, slightly acidic in taste, is eaten mainly by children and young people. MED: The pulp is considered a remedy for stomach aches. Leaves are used as an antimalarial and against migraines. PHY: Crushed seeds mixed with food are used as rodenticides.	toen-tolôe, treventi-ito (ba); mâncana-sad (bf); naporó (bj); ojo-di-onça, mesinho-de-rato (cr); talquibare (fu); cupeléen (fs); bdutubus, beduto-ubule, utonque-ubusse (mc); manterim-ô, manterinterim, talquidqga, tulu-nereure (md); dutubule, peduto-ubusse, utonque-ubusse, utunque-ubule (mj); n'jete-nambel, n'xetenhembele (nl); barniate (pp); kulenhimaba (ss).	Região de Oio, setor de Bissorã, 12° 18' 17"N / 15° 32' 46"W, 8/04/2000, Catarino & Bancessi 565 [LISC003062]
CONVOLVULACEAE				
***Ipomoea aquatica* Forssk.**	Perennial herb, in wet grass savanna and small lakes.	FOOD (Fd | Rt): Leaves are eaten as a vegetable.	intambelata (ba); quelô (ff); quelô (ff); djambo (=edible herb) (md); bole-bola (nl).	Região de Quinara, Parque Natural das Lagoas de Cufada, 11° 45' 05"N / 15° 04' 26"W, 6/12/1997, Catarino & Djaló 276 [LISC131197]

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Family / Species	Bioecology	Uses	Common names	Voucher
CUCURBITACEAE				
***Trichosanthes cucumerina* L.** Syn.: *T. anguina* L.; *T. cucumerina* var. *anguina* (L.) Haines	Annual herb, ruderal.	FOOD (Fd | Fr): The ripe fruit, reddish or orange in color, is used as a substitute for tomato to season sauces and prepare rice sautés.	camaton, kamatom, tomate (cr), mancamate, mantéga (bf).	Região de Bissau, Pessubé, 15/03/1934, Espírito-Santo 1234 [LISC131198]
	Note: Introduced species, native to Tropical Asia, also cultivated. Currently, this species is becoming increasingly rare and less known for food purposes.			
CYPERACEAE				
***Cyperus articulatus* L.**	Perennial herb, in wet grass savanna, rivers and temporary pools.	FOOD (Fd | Rt): Bulbils are eaten mainly by children while herding cattle. They are small bulbs, brown externally and white internally, containing a milky, sweet juice. RIT: Peeled and dried bulbils are used to make necklaces worn by women after childbirth and during maternity rites and dances. These necklaces emit a characteristic odor identifying a breastfeeding woman. UTE: Leaves are used to make mats and baskets sold in markets.	m'pófa (bf); mampufa (cr).	Região de Tombali, Setor de Bedanda, Cantanhez, Sogobol, 10/02/1994, Frazão-Moreira 121 [LISC131199]
DILLENIACEAE				
***Tetracera potatoria* Afzel. ex G.Don**	Woody climber or subshrub, in forest, woodland, savanna woodland and palm groves.	FOOD (Fd | Lv): Leaves are used in sauces.	ebirito (bj); n'átá (nl).	Região de Tombali, Setor de Bedanda, Cantanhéz, Catchamba Nalu, 16/06/1994, Frazão-Moreira 250 [LISC091595]

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Family / Species	Bioecology	Uses	Common names	Voucher
DIOSCOREACEAE				
***Dioscorea bulbifera* L.**	Herbaceous climber, in forest clearings, woodland, savanna woodland, riparian forest and riverbanks.	FOOD (Fd | Rt): The tuber is edible after cooking, with the water changed several times.	endome (ba); undome (bm); niambé-de-mato, denebra, genebra (cr); igname-sauvage (fr); púri (fu); catoco (mc); dandam, dandandim-ô (md); timbom (mj).	Região de Quínara, Parque Natural das Lagoas de Cufada, 11° 39' 01" N / 15° 12' 09"W, 20/11/1997, Martins & Catarino 1336 [LISC131200]
***Dioscorea hirtiflora* Benth.**	Herbaceous climber, in thicket, woodland, savanna woodland and palm groves.	FOOD (Fd | Rt): The tuber is edible. MED: Used to treat venereal diseases.	inhame-di-mato, nhame-de-lobo (cr); kapol-fouro (fu).	Região de Quinara, Parque Natural das Lagoas de Cufada, Buba Tumbo, 11° 38' 59"N / 15° 00' 56" W, 3/12/1997, Catarino & Djaló 250 [LISC131201]
***Dioscorea mangenotiana* J.Miège**	Herbaceous climber, in forest and woodland.	FOOD (Fd | Rt): Tuber edible after cooking.	essabu, canhano, enhano (bj); nhambi-di-mato (cr).	Região de Tombali, Setor de Bedanda, Cantanhéz, Catchamba, 18/11/1994, Diniz, Moreira & Frazão-Moreira 978 [LISC131202]
EBENACEAE				
***Diospyros elliotii* (Hiern) F.White** Syn.: *Maba elliotii* Hiern, *M. mannii* Hiern	Tree, in woodland and along riverbanks.	FOOD (Fd | Fr): Ripe fruits are eaten, especially by children and young people.	iquabia (fl).	Região de Quinara, Parque Natural das Lagoas de Cufada, 11° 42' 07"N / 14° 59' 32"W, 4/05/2001, Martins & Catarino 1693 [LISC131203]
***Diospyros heudelotii* Hiern** Syn.: *D. guineensis* A.Chev., *Maba lancea* Hiern	Tree or shrub, in forest, woodland, riparian forest and mangrove borders.	FOOD (Fd | Fr): Ripe fruits are eaten, particularly by children and young people. MED: Used to treat malaria. Leaves are applied for joint pain. Leaf infusions are consumed to treat body swelling.	ebangleba (bj); silabono (fu); cussito, malefu (md); n'jangugurta (nl); iatété, malefú (ss); culum (td).	Região de Quinara, Parque Natural das Lagoas de Cufada, 11° 43' N / 15° 01' 43,3"W, 29/05/1996, Martins & Catarino 1098 [LISC131204]

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Family / Species	Bioecology	Uses	Common names	Voucher
FABACEAE				
***Cordyla pinnata* (A.Rich.) Milne-Redh.** Syn.: *Calycandra pinnata* A.Rich.	Tree, in woodland and savanna woodland.	FOOD (Fd | Fr): Ripe fruits are edible. MED: Bark is used to treat pain and hernias.	psila (ba); dóki, dirqué, dúki, dúquei, duco (fu); ulacomô-dutô, dúnta, doto, dutos, dutô (md).	Região de Quinara, Parque Natural das Lagoas de Cufada, 11° 43' 50" N / 14° 53' 55"W, 24/04/2001, Martins & Catarino 1611 [LISC131205]
***Dialium guineense* Willd.** (Figure 2-D)	Tree, in forest, woodland, palm groves, and margins of rivers and small lakes.	FOOD (Fd, Bv | Fr, Lv): The pulp of the ripe fruit is edible and used to prepare juices and soft drinks, sold year-round in markets. Leaves are pounded and dried to impart a sour, lemon-like flavor in the preparation of *moni* during Ramadan. MED: The fruit is used against diarrhea. A decoction of leaves and bark is used to treat eye pain.	n´boi, umboi, m'boié, m'boi (ba); bufaró, mamparó (bf); epádum (bj); po-de-veludo, pau-veludo, veludo, beludo (cr); bufoidiaiabu, equitenhalé, cufodjaiaco, equitchari (fl); uparan (fs); boiè-maio, cossiráe, mèco, moquê (fu); cossitô, moquê, citó (md); bebúi, bubúi (mj); m'bimbe, m'bim (nl); moquê (ss); atenguengelere (td).	Região de Tombali, Setor de Bedanda, Madina, 11° 13' 18" N / 15° 02' 28" W, 27/03/1998, Diniz, Gomes & Silva 2531 [LISC131206]
	Note: The *veludo* is one of the most important WEP species in Guinea-Bissau; its fruits are sold in the markets throughout the year.			

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Table 2. Checklist of Wild Edible Plant species in Guinea-Bissau. (Notes: The accepted names of the species are in bold and the synonyms in regular font. Use groups: FOOD - Food s.l.; BUI - building material; FIB - fibers; FOD - fodder; MED - medicinal; PHY - phytochemical; RIT - ritual or cultural; UTE - utensils; OTH - other uses. Types of food uses: Fd - food s.s.; Bv - beverage; Cd - condiment; Eo - edible oil; Sw – sweetener. Plant parts used: Fl - flowers; Fr - fruits; Rt - roots and tubers; Lv - leaves; Se - seeds; Sp - sprouts. Common names: see abbreviations of languages in Table 1.) (Continued)

Family / Species	Bioecology	Uses	Common names	Voucher
***Parkia biglobosa* (Jacq.) R.Br. ex G.Don** (Figure 2-G) Syn.: *Mimosa biglobosa* Jacq.; *P. clappertoniana* Keay	Tree, in woodland and savanna woodland.	FOOD (Fd, Bv | Fr, Se): The pulp of *faroba* fruit is widely used to prepare juices, soft drinks, and ice cream, often mixed with *cabaceira* (*Adansonia digitata*) or veludo bean (*Dialium guineense*), and is available in markets year-round. Fermented and roasted seeds (*netetu*) are widely used as a spice in the preparation of *futi*, a rice-based dish that constitutes the main traditional breakfast for most Guineans. *Faroba* is also regarded as a food resource during periods of scarcity. MED: Used for the prevention and treatment of malaria, as an antidiarrheal, and for treating toothaches and boils. Bark is used for swellings, fractures, and to induce abortion.	mehanté, gante (ba); biáe, buiái (bf); n'andu, nándo, em-bando, unhando (tree), canhando (fruit) (bj); faroba, farobe, netetu (fermented seeds) (cr); poroba (cs); bunalaeb (fl); néré, nétè, netch (fu); mimosa-poupre, caroubier-africain (fr); olélè, ulélè (mc); nétè (md); blél, ulél (mj); n'iú, ií (nl); olélè, ulélè (pp); anjambane (td); néri (ss).	Região de Cacheu, Setor de São Domingos, Elia, 12° 19' 22"N / 16° 23' 57"W, 15/04/1997, Diniz & Gonçalves 1790 [LISC131207]
	Note: The *faroba* is one of the most important WEP species in the country, increasingly valued due to its growing demand and diversified uses. Widely harvested, the pulp from the pods and the fermented seeds are sold in urban and rural markets and are available year-round.			

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Table 2. Checklist of Wild Edible Plant species in Guinea-Bissau. (Notes: The accepted names of the species are in bold and the synonyms in regular font. Use groups: FOOD - Food s.l.; BUI - building material; FIB - fibers; FOD - fodder; MED - medicinal; PHY - phytochemical; RIT - ritual or cultural; UTE - utensils; OTH - other uses. Types of food uses: Fd - food s.s.; Bv - beverage; Cd - condiment; Eo - edible oil; Sw – sweetener. Plant parts used: Fl - flowers; Fr - fruits; Rt - roots and tubers; Lv - leaves; Se - seeds; Sp - sprouts. Common names: see abbreviations of languages in Table 1.) (Continued)

Family / Species	Bioecology	Uses	Common names	Voucher
***Piliostigma thonningii* (Schumach.) Milne-Redh.** Syn.: *Bauhinia thonningii* Schumach.	Shrub or small tree, in woodland, savanna woodland, and palm groves.	FOOD (Bv | Lv): Leaves are used to prepare tea and to flavor moni, a rice- or corn-based porridge consumed to break the fast during Ramadan. FIB: The inner bark is used in textile production and in making Bijagó skirts. MED: Bark has healing and anti-hemorrhagic properties and is used to treat hemorrhoids and heart pain. Leaves are used against constipation, kidney stones, and venereal diseases. RIT: Stem fibers turn reddish upon exposure to air and are used to produce *cancurã* cloth (a mythical entity of traditional Mandinka initiation rites) and to mark *mandjiduras* - symbols prohibiting access to or harvesting of communal fruit trees (e.g., cashew and mango) before ripening.	pouúnquè, boã, mansonca, mansanca (ba); fará, bufára (bf); canna, epamámbo, epandando (bj); fará, panu-di-kankora (cr); bumbilab (fl); budandepe, bupande (fs); fará, barqueiê, bárquè, barquedje, bongué, baiqué (fu); fará (md); n'toncre, untoncre, n'tangré (pp); mukui, impukui, m'bukui (nl).	Região de Tombali, Setor de Bedanda, Cantanhéz, Cabedú, 27/10/1995, Diniz, Gonçalves & Catarino 1338 [LISC131208]
***Pterocarpus santalinoides* L'Hér. ex DC.**	Shrub or tree in riparian forest, palm groves, on riverbanks, small lakes, and temporary pools.	FOOD (Fd | Se): Ripe fruits are boiled and the seeds, resembling almonds in appearance and taste, are consumed. MED: Roots are combined with those of *Gymnanthemum coloratum* to treat women experiencing difficulty conceiving.	déxa, dessáha, dêssa (ba); bughanta, benganta, antante (bf); ebontonton (bj); mangantem (cr); mangantum, djecudjecumádje,d'jego, d'jega (fu); djégo (ff); n'tisebá, sibá, nitichiba (nl).	Região de Quínara, Parque Natural das Lagoas de Cufada, 11° 43' 20" N / 15° 01' 41"W, 28/04/2001, Martins & Catarino 1647 [LISC131209]
***Senna alata* (L.) Roxb.** Syn.: *Cassia alata* L.	Shrub, in woodland; also in the margins of rice fields, rainfed crops and disturbed areas, mainly near the villages.	FOOD (Bv | Se): A coffee substitute is prepared from the seeds. MED: Used in traditional medicine as a purgative.	cortalinde, sindjô-el (fu).	Região de Quínara, Parque Natural das Lagoas de Cufada, 11° 44' N / 14° 54' W, 16/11/1996, Diniz & Catarino 1728 [LISC131210]
	Note: Introduced and naturalised species, native to Central and South America.			

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Table 2. Checklist of Wild Edible Plant species in Guinea-Bissau. (Notes: The accepted names of the species are in bold and the synonyms in regular font. Use groups: FOOD - Food s.l.; BUI - building material; FIB - fibers; FOD - fodder; MED - medicinal; PHY - phytochemical; RIT - ritual or cultural; UTE - utensils; OTH - other uses. Types of food uses: Fd - food s.s.; Bv - beverage; Cd - condiment; Eo - edible oil; Sw – sweetener. Plant parts used: Fl - flowers; Fr - fruits; Rt - roots and tubers; Lv - leaves; Se - seeds; Sp - sprouts. Common names: see abbreviations of languages in Table 1.) (Continued)

Family / Species	Bioecology	Uses	Common names	Voucher
***Senna occidentalis* (L.) Link** Syn.: *Cassia occidentalis* L.	Annual herb, in rainfed crops and other disturbed areas.	FOOD (Bv | Lv, Se): Seeds are roasted and ground to prepare coffee; leaves are dried and boiled to make tea. MED / RIT: Fresh leaves are crushed in water for drinking and bathing febrile children, both to reduce fever and protect against evil spirits. Roots and leaves are used for venereal diseases. Leaves are also used against fever and eye diseases.	méta, m'bampte, m'panté (ba); bufuga, buafuga (bf); necepo (bj); padja-santa, palha-santa (cr); fédégosa (cs); coro-talindim, cunaláti (fu); gendjoel (ff); caputamunambá (fs) becó-binhále (mj); n'pankanise (nl); bangai (pp).	Região de Cacheu, Setor de São Domingos, Varela, 12° 17' 23" N / 16° 34' 25"W, 17/10/1995, Diniz, Gonçalves & Catarino 996 [LISC131211]
	Note: Introduced and naturalised species, native to Central and South America.			
ICACINACEAE				
***Icacina oliviformis* (Poir.) J.Raynal** Syn.: *Hirtella oliviformis* Poir.; *I. senegalensis* A. L. Juss.	Rhizomatous subshrub, in woodland and savanna woodland; also in rainfed crops.	FOOD (Fd | Rt, Fr): The seed was formerly consumed during periods of famine and food scarcity; it is still eaten on a small scale and sold in local markets (*lumos*). In addition to the cooked seed, the thin pulp of the ripe fruit is eaten fresh, particularly by children. MED: The tuber has several medicinal uses, including treatment of inflammation and hemorrhoids. A decoction of the tuber is used as a remedy against smallpox.	foia, foié, fóè, sóngol (ba); manasse, bunássa (bf); em-handú (bj); manganasse, manganace, manganás (cr); sila, mancanadje (fu); manganasse (fs); unásse (mc); mancanassô, manacassô (md); unásse (mj); unássem (pp); n'putmé (nl); silá (ss).	Região de Cacheu, Setor de São Domingos, São Domingos, 12° 23' 51" N / 16° 12' 49"W, 19/04/1997, Diniz & Gonçalves 1923 [LISC116436]
	Note: *Manganace* fruits are sold in the markets.			
LAMIACEAE				
***Platostoma africanum* P.Beauv.**	Annual herb, in savanna woodland and small lake margins; also in rainfed crops and other disturbed areas.	FOOD (Cd | Lv): Leaves used as a condiment. MED: in traditional medicine, it is used to treat colds.		Região de Gabú, Setor de Pirada, Candjufa, 2/11/1988, Gonçalves, Basto, Candé, Bancessi & Sané 90 [LISC131212]

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Family / Species	Bioecology	Uses	Common names	Voucher
***Vitex doniana* Sweet** Syn.: *V. cuneata* Thonn.; *V. cienkowskii* Kotschy & Peyr.	Tree or shrub, in woodland, savanna woodland, riparian forest, along river margins and in wet grass savanna.	FOOD (Fd | Fr): The pulp of ripe fruits is eaten, especially by children and young people. MED: In traditional medicine it is used as an abortifacient. The root is used for stomach aches. The bark of the trunk, fresh or after sun-drying, is also used for women who have lactation problems after childbirth, with a lack of milk.	múni, m'muni, múri (ba); bugúa, mangúa (bf); n'bumbo, ubumbo, ubunvo (bj); acetona-preta, cetona, cetona-preto, cetona-pequeno, azeitona, azeitona-preto (cr); prunier-noir (fr); búmé (fu); bujinke (fs); budjincaeb (fl); cutóbulo, cutubulô (md); munsopane, bessápale (mj); gúa (pp).	Cantanhéz, Rio Cumbijâ, porto de Cadique, 28/05/1995, Martins & Moreira 983 [LISC131213]
	Note: The fruits of *cetona-preto* are sold in the markets.			
***Vitex madiensis* Oliv.**	Shrub or tree, in woodland and savanna woodland.	FOOD (Fd | Fr): The pulp of the ripe fruit is edible. MED: in traditional medicine, the roots and flowers are used as tonics. The leaves are used for pregnant women who are losing blood, as well as for body aches and stomach aches.	m'muni (ba); simbó, mbugúa, mangúa (bf); azeitona, azeitona-pequeno, cetona, cetona-pequena (cr); bumé, bume-ainacobe (fu); n'sokór, n'ssogorr (nl); anhongore (td).	Região de Tombali, Setor de Bedanda, Cantanhéz, Canamine, 2/07/1994, Frazão-Moreira 262a [LISC131214]
LOGANIACEAE				
***Strychnos spinosa* Lam.**	Small tree, in woodland, savanna woodland and riparian forest.	FOOD (Fd | Fr): The ripe fruits contain an edible pulp surrounding the seeds, with a slightly acidic taste. MED / RIT: The species is associated with traditional cures and magical-religious practices for the treatment of various diseases.	curanam, metônha (ba); orelha-de-rato (cr); fara-colei, faracoledje, sarcoledje (fu); tibõ (cs); búpale (mj); n'congon (nl); bépale (pp); querá (ss).	Região de Cacheu, Setor de São Domingos, Elia, 21/4/1997, Diniz & Gonçalves 1957 [LISC131215]
	Note: The fruits of *orelha-de-rato* are sold in the markets.			

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Family / Species	Bioecology	Uses	Common names	Voucher
MALVACEAE (includes Bombacaceae, Sterculiaceae, and Tiliaceae)				
***Adansonia digitata* L.** (Figure 2-A)	Large tree, mainly occurring planted in or near the villages.	FOOD (Fd, Bv | Fr, Fl, Lv): The pulp of the ripe, dried fruit is used in various ways: juices, soft drinks, and especially ice cream. The thicker juice is also used to accompany cooked rice or the softer rice (*badadje*), with added palm oil and sugar; the dried leaves and flowers are crushed (*lalo*) and cooked to accompany rice or to thicken sauces made with palm oil. MED: Fresh leaves, pounded and placed in water, are used to treat women experiencing difficulties in labor. Fresh young leaves are heated over a fire and placed with palm oil on boils and abscesses to draw out the pus. FIB: The trunk fiber is used to make ropes. PHY: The fruit peel is burned to obtain ash to produce black soap.	látè (ba); buáse, mancasse (bf); uáto, ubato (bj); cabaceira, cabacera, calabacera (cr); ebacaé, bubacab (fl); baobab, pai-de-singe (fr); bóè (fu); bedom-hal, burungule-burúnque (mc); burungule (pp); citô (md); brungal, bebáque, bedom-hal (mj); m'béke (nl); cabaceira, calabaceira (pt); kiri (ss).	Região de Tombali, Setor de Bedanda, Cantanhez, Catchamba Nalu, 21/06/1994, Frazão-Moreira 254 [LISC102948]
	Note: The *cabacera* is one of the most important WEP species in Guinea-Bissau; the pulp of its fruits and the lalo are widely consumed and can be found in markets throughout the year; it is noted that, in recent years, these products have been valued, both in national markets and internationally, especially in the Guinean diasporas, in Cabo Verde and Portugal.			
***Bombax costatum* Pellegr. & Vuillet**	Tree, in woodland and savanna woodland.	FOOD (Fd | Fl, Lv): The flowers and young leaves are dried and pounded into two different types of *lalos*, which are used in traditional dishes and sold in markets throughout the year. BUI: *Polon-fôro* is a lightweight wood, easy to handle, used in formwork in civil construction, in handicrafts, and in the making of traditional canoes.	buúforè, bumbum (ba); b'djaca, bussáca (bf); polóm-fidalgo, polón-fôro, sumauma (cr); buámab (fl); luncum, djóia, djóè (fu); djóia, djóè (ff); buncum-ô (md); belofa (mc); belofa (mj); ulófo (pp).	Região de Oio, Olossato, Madina, 6/01/1961, Alves Pereira 1193 [LISC102954]
	Note: The *lalos* (dried and crushed leaves or flowers) of *polóm-fôro* can be found in markets throughout the year.			

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Family / Species	Bioecology	Uses	Common names	Voucher
***Ceiba pentandra* (L.) Gaertn.** Syn.: *Bombax pentandrum* L.	Large tree, in forest, woodland, savanna woodland, and on riverbanks.	FOOD (Fd | Lv, Fl): The flowers and especially the young leaves are dried and pounded into lalos, which are sold in markets throughout the year and used in traditional dishes. RIT: This species has various traditional and spiritual uses. In the buttresses of the polon are found the *balobas* and the *irã* (entities with supernatural powers). BUI / UTE: The trunks of *polon* are also used in the construction of canoes, doors, and sculptures. PHY: Dead stems and fruit shells are burned to produce ash used in the making of black soap.	psáhè, rumbum (ba); brêgue (bf); cob-bê, fromager (bj); poilão, poilon, polóm (cr); bantanhe (fu); bantanhe (ff); butumbirim (fl); pentene (mc); bantam-ó (md); péntia (mj); m'bath (nl); n'tene, untene, metchene (pp).	Região de Tombali, Setor de Bedanda, Iembrém, 10/12/1993, Frazão-Moreira 59 [LISC102977]
	Note: The *lalo* (dried and crushed leaves) of polóm is consumed and can be found in markets throughout the year.			
***Cola cordifolia* (Cav.) R.Br.** Syn.: *Sterculia cordifolia* Cav.	Tree, in woodland and savanna woodland.	FOOD (Fd | Fr): The pulp of the ripe fruit is edible and much appreciated by children. FIB: The fiber from the trunk is used as rope to tie firewood. RIT: It is a mystical tree, considered by some ethnic groups to be the home of the irã, an entity considered superior to man.	m'bué (ba); budjanhe (bf); mandjanja, manjandja (cr); bubambab (fl); utuludjene (fs); tabadje, tábá (fu); tabô (md).	Região de Cacheu, Setor de São Domingos, Varela, 12°17' 42,6"N / 16° 34 ' 10,1"W, 17/10/1995, Diniz, Gonçalves & Catarino 1010 [LISC103514]
	Note: The fruits of *mandjanja* are sold in the markets.			
***Corchorus aestuans* L.**	Annual herb, in savanna woodland; also in disturbed places.	FOOD (Fd | Lv): The leaves are edible, used as a Vegetable. FIB: Referred to as a textile plant.	cunhunho (bf); lalel-bábos (fu).	Região de Bolama, Setor de Bubaque, Ilha de Canhabaque, tabanca Bine, 21/10/1997, Diniz, Pinto Basto & Tadiconda 2326 [LISC106048]

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Family / Species	Bioecology	Uses	Common names	Voucher
***Hibiscus cannabinus* L.**	Annual herb, in woodland, savanna woodland, palm groves, wet grass savanna and coastal sands; also in disturbed places.	FOOD (Fd | Lv): The fresh leaves are boiled and crushed into a paste that is served with rice. In the past, it was a food for times of famine, when there was no rice, and nowadays it is sold in local markets before the start of the harvest of cultivated species. FIB: the bark is used as fiber for rope making.	n'cócó (bf); baguitche (bj); narcino-branco, baguitch-de-mato (cr); folere-burure (ff).	Região de Tombali, Setor de Quebo, Saré Amadi, 12° 31' 18"N / 14° 42' 24"W, 18/03/2005, Catarino 1493 [LISC102432]
	Note: The leaves of this *baguitch-di-mato* are sold in the markets.			
***Hibiscus surattensis* L.**	Perennial herb, in woodland, savanna woodland, riparian forest, palm groves and coastal sands.	FOOD (Fd | Lv): The fresh leaves are boiled and crushed into a paste that is served with rice. In the past, it was a food for times of famine, when there was no rice, and nowadays it is sold in local markets before the start of the harvest of cultivated species.	m'datu, m'bat'u (ba); n'tchaga (bf); baguitchi-di mato (bj); baguitch-di-mato, bajique-do-mato (cr); pè-di-pata (cs); conisanto (ss).	Região de Bolama, Setor de Bubaque, Ilha de Canhabaque, Cudjuno, 11° 15' 24,2"N / 15° 39' 37'3"W, 10/12/1995, Vidigal, Basto, Tadiconda & Cardoso 279 [LISC102550]
	Note: The leaves of this *baguitch-di-mato* are sold in the markets.			
***Melochia corchorifolia* L.**	Perennial herb, in woodland, wet grass savanna and margins of small lakes and temporary pools; also in disturbed places.	FOOD (Fd | Lv): The leaves are edible.	tobre-guelonguê, sôre (fu); cumaré-turo (md).	Região de Quinara, Parque Natural das Lagoas de Cufada, 11° 45' 05"N / 15° 04' 26"W, 6/12/1997, Catarino & Djaló 272 [LISC103563]
***Sterculia tragacantha* Lindl.**	Tree, in woodland, savanna woodland, riparian forest and palm groves.	FOOD (Fd | Lv): The young leaves are edible. FIB: The fibrous inner bark is used in the making of skirts among the Bijagó ethnic group. UTE: The wood is used in the construction of canoe bases.	umbufúrè, búè (ba); eritô, éritú, ereitô, freitô (bj); nassino, pau-corda, pau-de-saia, pó-de-cabaço (cr); úcud, dácud (cb); tchapelêguê, barquelei, tabáe, tehapeleque (fu); bamé (mc); tabô, tabá, d´jubitabô (md); n'bama, umbama, ibulbbecana (mj); bamba (pp); mangéboré (ss); atakssulé (td).	Região de Cacheu, Estrada de Canchungo, 07/01/1944, Brigada de Estudos Florestais da Guiné 117 [LISC103644]

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Family / Species	Bioecology	Uses	Common names	Voucher
MELASTOMATACEAE				
***Dissotis grandiflora* (Sm.) Benth** Syn.: *Osbeckia grandiflora* Sm.	Perennial herb, in woodland and savanna woodland.	FOOD (Sw | Rt): A sugary substance is extracted from the roots.	n'outh (nl); dinhé (td).	Região de Tombali, Setor de Bedanda, Cantanhez, Canamine, 16/11/1994, Frazão-Moreira & Moreira 295 [LISC131216]
MELIACEAE				
***Carapa procera* DC.**	Tree, in woodland, palm groves and riverbanks.	FOOD (Fd | Se): The mature seeds are edible. MED: The seeds are used for stomach aches. An oil is made from the seeds (*cite-malgós*) and sold in markets, used to treat stomach aches, muscle pains, wound healing in diabetics, as a skin cream, especially for children and babies, and used as a hair oil.	caranhane (bj); punhe (bm); cola-amargoso, cola-malegossa, cola-malgós (cr); kola-malgos, pada-di-kola, siti-malgos (cs); bunhogone (dj); boculamape (fl); boncom-hadje, gobi, mambodadje (fu); maló, boncom-ô (md); buôk, bépale, buaque, cóque (mj); bóco (pp).	Região de Cacheu, Setor de São Domingos, Varela, Catão, 12° 17' 22" N / 16° 32' 17"W, 18/04/1997, Diniz & Gonçalves 1906 [LISC112923]
	Note: The seeds of *cola-malgós* are sold in the markets. The oil made from the fruits (*cite-malgós*) is traded in the markets at the national level and in the sub-region. The current price per liter is 10,000 CFA francs, equivalent to about 15 euros.			
MENISPERMACEAE				
***Dioscoreophyllum cumminsii* (Stapf) Diels** Syn.: *Rhopalandria cumminsii* Stapf	Small woody climber, in forest, woodland and riverbanks.	FOOD (Fd | Fr): The fruit, which is very sweet, is edible and especially enjoyed by children.	n'fora, unforá (plant), ambolbol-n'for (fruit) (bf); fruto-di-minino (cr); n'por (nl).	Região de Tombali, Setor de Bedanda, Cantanhez, Catchamba Nalu, 28/10/1994, Frazão-Moreira 281 [LISC093712

Continued on next page

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Family / Species	Bioecology	Uses	Common names	Voucher
***Triclisia patens* Oliv.**	Large woody climber, in forest, woodland, riparian forest and palm groves.	FOOD (Fd | Fr): The fruits are edible. MED: The root and leaves have various medicinal uses, against jaundice, sexual impotence, back and kidney pain. The leaves are taken with milk after pregnancy.	portotô, uelifedjite (fu); bossê (ff); manar-kambantchum, manar-gambanjo (nl); firifora (ss).	Região de Tombali, Setor de Bedanda, tabanca Farim, 11° 11' 53" N / 15° 4' 10" W, 29/03/1998, Diniz, Gomes & Silva 2568 [LISC093725
MORACEAE				
***Ficus dicranostyla* Mildbr.** (Figure 2-K)	Tree, in thicket, woodland, savanna woodland and riverbanks.	FOOD (Fd | Lv): The young leaves are edible after a process of boiling and successive changes of water, at least three times (*djambô*); they are then added to *mancara* broth (peanut) or *chabeu* broth (palm oil), together with other available ingredients; the dish is served with rice or black maize.	sur (ba); bussuma, buássuma (bf); figo, figuera (cr); suredje, surei, djambo-surei, d'jambô (fu); n'for (nl); anak (td).	Região de Oio, Setor de Mansoa, Mambonco, 13/06/1989, Basto, Candé, Bancessi & Correia 183 [LISC131219]
***Ficus sur* Forssk** Syn.: *F. capensis* Thunb.	Tree, in forest, thicket, woodland, savanna woodland, palm groves, riparian forest and on riverbanks.	FOOD (Fd | Fr): The ripe fruits are edible, enjoyed by children and young people. MED: The bark boiled with the bark of *Piliostigma thonningii* is used for heartaches. Bark and fruits for diarrhea. Root infusion for infertile women.	blata, tumbli (ba); budjol, bussòtê, mantchoté (bf); canhamá, catchocodo (bj); figo, figuera (cr); défay (cs); bucune (fs); tchequedje, tcheque (fu); ibe (ff); buncuncul (mc); turô (md); cuncre, cungre, n'cungre, uncungre (mj); n'tonkindjá, tonquinha, tonkin-iá (nl); uncúngne (pp); anaque (td).	Região de Gabú, Setor do Boé, Dandu, 11° 43' 46"N / 14° 12' 47"W, 2/04/2000, Catarino & Bancessi 408 [LISC131217]
***Treculia africana* Decne. ex Trécul**	Tree, in forest, riparian forest and mangrove edges.	FOOD (Fd | Se): The seeds are edible, baked, boiled, or toasted.	mantchambé (bf); jaca-de-mato (cr); bala, busaka, sobsob (cs); guilinte, mantchampudje (fu); guilinte (ff); mantchambô (md); becuáe (mj); bulóio (pp).	Região de Tombali, Setor de Bedanda, Cantanhez, Cafatche, 11° 11' 05"N / 15° 06' 49"W, 10/05/2000, Catarino & Bancessi 941 [LISC131218]

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Family / Species	Bioecology	Uses	Common names	Voucher
MYRISTICACEAE				
***Pycnanthus angolensis* (Welw.) Warb.** Syn.: *Myristica angolensis* Welw.; *P. kombo* (Baill.) Warb.	Large tree, in forest, woodland, and riparian forest.	FOOD (Fd | Lv): The leaves are eaten as a vegetable.	súngala (fu); menebantam-ô (md).	Região de Tombali, Setor de Bedanda, Cantanhez, Floresta de Cambeque, 25/05/1995, Martins & Moreira 881 [LISC131220]
MYRTACEAE				
***Syzygium guineense* (Willd.) DC.** Syn.: *Calyptranthes guineensis* Willd.; *S. guineense* var. *macrocarpum* Engl.; *S. guineense* var. *littorale* Keay	Shrub or small tree, in woodland, savanna woodland, riparian forest, palm groves, wet grass savanna, and coastal sands.	FOOD (Fd | Fr): The pulp of the ripe fruit is edible.	n'ocasso, nopêdê (bj); cadjô (ff); pó-branco (cr); sotõno (po-branco, trafidin-tera (cs); butote (fs); culelam-ô (md).	Região de Cacheu, Setor de São Domingos, 11° 23' 17"N / 16° 16' 33"W, 16/05/2000, Catarino & Bancessi 1066 [LISC003070]
NYCTAGINACEAE				
***Boerhavia erecta* L.**	Perennial herb, in riparian forest, wet grass savanna and margins of rivers and small lakes.	FOOD (Fd | Lv): The leaves are edible.	sabi-cura, fendala, cumara-sabi (fu).	Região de Gabu, Setor de Sonaco, tabanca Nemataba, 8/11/1991, Vidigal, Basto, Bancessi & Embaló 54 [LISC131221]
NYMPHAEACEAE				
***Nymphaea lotus* L.**	Perennial herb, in wet grass savanna, small lakes and temporary pools; also in flooded rice fields.	FOOD (Fd | Rt): The seeds are edible, as is the rhizome, which is especially appreciated by children and young people. MED: The rhizome has medicinal properties to relieve stomach aches.	tchingalir (ba); quêclér, n'quêclér (bf); cancinhai (bj); cancinhai (cr); barguruia, bara-curudje (fu); entchiqueler, enquéqueler (pp).	Região de Quínara, Parque Natural das Lagoas de Cufada, 11° 42' 54" N / 15° 01 40"W, 04/12/1997, Catarino & Djaló 262 [LISC093864]
***Nymphaea micrantha* Guill. & Perr.**	Perennial herb, in wet grass savanna, small lakes and temporary pools, also in flooded rice fields.	FOOD (Fd | Rt): The seeds are edible, as is the rhizome, which is especially appreciated by children and young people. MED: The rhizome has medicinal properties to relieve stomach aches.	quêclér, n'quêclér (bf); ebengalei-iamakei (fl); boragurundja, buragurudja, baracuradjé (fu); quèquèlique (mj).	Região de Quínara, Parque Natural das Lagoas de Cufada, 11° 42' 54" N / 15° 01 40"W, 05/12/1997, Catarino & Djaló 263 [LISC093888]

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Family / Species	Bioecology	Uses	Common names	Voucher
OCHNACEAE				
***Lophira lanceolata* Tiegh. ex Keay**	Tree, in woodland, savanna woodland, and coastal sands.	FOOD (Eo | Fr): In the past, cooking oil was made from seeds MED: The oil extracted from the seeds is used to oil the skin and hair. PHY: The ash from the leaves is used as fertilizer.	p'fancha (ba); udoma (bj); mené (cr); ledalbodeel, malanga, marnenáe, p'bancar (fu); malanga, marnenáe, p'bancar (ff); mufó (pp); mené (ss).	Região de Tombali, Setor de Quebo, 11° 34' 21"N / 14° 38' 13"W, 1/04/2000, Catarino & Bancessi 377 [LISC110416]
OLACACEAE				
***Ximenia americana* L.**	Shrub or small tree, in forest, woodland, savanna woodland, riparian forest, palm groves, mangrove borders and coastal sands.	FOOD (Fd | Fr): The ripe fruits are edible. MED: The roots and leaves are used for various medicinal purposes: the root is used against epilepsy and as an aphrodisiac, and the bark against stomach aches. PHY: Seeds are used in soap making.	buáré (bf); agara (bj); udôngul, undemna-aguidig (cb); limon-do-mato, limon-di-sancho (cr); burifinhalab (fl); tchene, tcheme, tjeme (fu); prunier-de-mer, citronier-de-mer (fr); tufissa (md); manpã (nl); tufissa, tumbecrinhaque (ss).	Região de Bafatá, Setor de Contuboel, campo de arroz de sequeiro do DEPA, 1/11/1988, Gonçalves, Pinto Basto, Candé, Bancessi & Sané 67 [LISC115843]
PASSIFLORACEAE				
***Passiflora foetida* L.**	Annual climbing herb, in woodland, palm groves, wet grass savanna, and on riverbanks.	FOOD (Fd | Fr): The children eat the fruit.	lamurel (fu).	Região de Cacheu, Setor de Cacheu, 12° 17' 25"N / 16° 05 05"W, 14/04/2000, Catarino & Bancessi 679 [LISC131223]
	Note: Introduced and naturalised species, native to Tropical America.			
***Smeathmannia laevigata* Sol. ex R.Br.**	Shrub, in thicket, riparian forest, and palm groves.	FOOD (Fd | Fr): The ripe fruits are edible, with a sweet, gelatinous white pulp. MED: Fresh, boiled branches and leaves are used for stomach aches in pregnant women in the Bijagós Islands.	edjerê, epabanné (bj); edjerê, epabanné, upelelè (dj); bugue (pp).	Região de Quinara, Parque Natural das Lagoas de Cufada, 3/05/2001, Martins & Catarino 1680 [LISC131222]

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Family / Species	Bioecology	Uses	Common names	Voucher
PEDALIACEAE				
***Sesamum radiatum* Thonn. ex Hornem.**	Annual herb, in disturbed places, also cultivated in rainfed lands.	FOOD (Fd | Lv, Fl): Sun-dried and crushed leaves and flowers (*lalos*) are used in traditional cooking. The leaves are also eaten as a vegetable, and cooking oil is extracted from the seeds. PHY: The ash from the leaves is used in the making of black soap.	lalo, lalo-caminho (cr).	Região de Cacheu, Setor de Bula, Quartel de Bassi, 20/10/1988, Sané 185 [LISC131224]
	Note: The *lalos* (dried and crushed leaves or flowers) of *lalo-caminho* can be found in markets throughout the year.			
PHYLLANTHACEAE				
***Bridelia micrantha* (Hochst.) Baill** Syn.: *Candelabria micrantha* Hochst.	Small tree or shrub, in woodland, savanna woodland, riparian forest, palm groves, and riverbanks.	FOOD (Fd | Fr, Cc): The ripe fruit is edible. The bark is used in the fermentation process of fresh cow's milk (*leite dormido*). MED: The bark of the stem is used to treat stomach problems or stomach aches. The infusion of the root is used to treat gonorrhea, constipation and as anti-parasitic, and the leaves are used for hemorrhoids. PHY: The bark of the trunk is used in caulking canoes, for dyeing leather and in pottery.	tagate (ba); bissai (bf); untágué, endure, n'tongue, untongue, muntangue (bj); bissáca (cr); utchak (cb); buldequidjab (fl); fudetchir (fs); bissoia, gúgri (fu); bissoia, bissaiô (md); bissaque (pp).	Região de Bafatá, Mato do Cão, 16/05/1961, Alves Pereira 1950 [LISC131225]
POACEAE				
***Cymbopogon giganteus* Chiov.** Syn.: *Cymbopogon caesius* subsp. *giganteus* (Chiov.) Sales	Perennial herb, in woodland and savanna woodland.	FOOD (Cd | Lv): Fresh or dried leaves are used as a condiment or spice to add a citrus flavor and aroma to sauces and cooked dishes. MED: The leaves are boiled and the steam is inhaled to treat the flu.	calá (bf); kumbetu-de-fula (cs); calim (fu); ompá (pp).	Região de Quínara, Parque Natural das Lagoas de Cufada, 11° 45' 33"N / 15° 10' 16"W, 19/11/1997, Martins & Catarino 1306 [LISC131227]

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Family / Species	Bioecology	Uses	Common names	Voucher
***Digitaria longiflora* (Retz.) Pers** Syn.: *Paspalum longiflorum* Retz.	Annual herb, in savanna woodland and coastal sands.	FOOD (Fd | Se): A wild grain, eaten mainly during times of food scarcity. RIT: Used for ceremonial purposes.	cúrè, iéte, ura (ba); buáède (bf); fundo-bravo (cr); djadje, djadje-maudo (fu); fónio-tchóli (ff); upadja (mc); djádje-ô (md); obife, pebife, guarcam (mj); oife, imbilô (pp).	Região de Bolama, Setor de Bubaque, Ilha de Canhabaque, Praia de Bine, 11° 13' N / 15° 46' 15"W, 23/10/1997, Diniz, Pinto Basto & Tadiconda 2376 [LISC131226]
	Note: The grains of *fundo-bravo* can be found in markets throughout the year.			
RHAMNACEAE				
***Ziziphus mauritiana* Lam.**	Shrub or small tree, in savanna woodland.	FOOD (Fd | Fr): The fruits are edible.	djabi (fu); tomborom (pj).	Região de Gabú, entre Camalijam e Pirada, 3/01/1955, Espírito-Santo 3564 [LISC122969]
RHIZOPHORACEAE				
***Rhizophora mangle* L.**	Shrub or small tree, in mangrove.	FOOD (Fd | Rt): The apical part of the roots, resembling cassava in appearance and having a slightly salty taste, is eaten by children from some ethnolinguistic groups. BUI / UTE: Roots and stems are used in the construction and fencing of houses. OTH: As firewood for cooking and for smoking fish.	sóle, senhea (ba); sem-ah (bm); m'pind, bufind (bf); irangá, ubá (bj); tarafe-burmedju (cr); camaâncac, caoô-quer, cassolaco (fl); fussossá (fs); palétuvier-rouge (fr); bugáha, ugáha (mc); mancô (md); pidjeu (mj); ugáha, bugáha (pp).	Região de Quinara, Parque Natural das Lagoas de Cufada, rio Grande de Buba, Porto Sanindja, 29/4/2001, Martins & Catarino 1651 [LISC131229]
***Rhizophora* x *harrisonii* Leechm.**	Shrub or small tree, in mangrove.	FOOD (Fd | Rt): The apical part of the roots, resembling cassava in appearance and having a slightly salty taste, is eaten by children from some ethnolinguistic groups. BUI / UTE: Roots and stems are used in the construction and fencing of houses. OTH: As firewood for cooking and for smoking fish.	m'pind, bufind (bf); cassolaco, caoô-quirin (fl).	Região de Cacheu, Setor de Cacheu, porto de Cobiana, 12° 17' 12"N / 16° 05' 44"W, 14/04/2000, Catarino & Bancessi 665 [LISC131228]

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Family / Species	Bioecology	Uses	Common names	Voucher
RUBIACEAE				
***Macrosphyra longistyla* (DC.) Hook.f. ex Hiern** Syn.: *Randia longistyla* DC.	Shrub or woody climber, in forest, thicket, woodland, gallery forest, and palm grove.	FOOD (Fd | Fr): The fruit is edible.	tepôbô (ba); marrumé (bf); um-orocado-nudanto (bj).	Região de Quínara, Parque Natural das Lagoas de Cufada, 11° 37' 21"N / 14° 54' 33"W, 27/11/1997, Martins & Catarino 1498 [LISC131230]
***Nauclea latifolia* Sm.** Syn.: *Nauclea esculenta* (Sabine) Merr.; *Sarcocephalus latifolius* (Sm.) Bruce; *S.esculentus* Afz. ex Sabine	Shrub or woody climber, in forest, thicket, woodland, riparian forest, riverbanks, palm groves, wet grass savanna and small lake margins.	FOOD (Fd | Fr): The ripe fruit is edible. MED: Roots and stems are used to treat stomach aches and stomach problems in babies and children.	ptehén'tugudu, tehé-intogudê, cunhe, tètúgde (ba); canchaminham, canhame (bj); madronho, caboupa, tambacumba-de-santcho (cr); bacoré, obacoré, naudó-putcho, naude-puthu, cóile, condé (fu); fumulundjucu (fs); m'nafo-ucon, nafum-cone, binaal-uko (mc); bati-forô, fafadjambô (md); benau-utchata (mj); bopánicam, ópanica, ofède (pp).	Região de Quinara, Parque Natural das Lagoas de Cufada, Cantanha, 11° 43' N / 15° 01,5"W, 12/11/1996, Diniz & Catarino 1558 [LISC131232]
***Psychotria peduncularis* (Salisb.) Steyerm** Syn.: *Cephaelis peduncularis* Salisb.	Small shrub or subshrub, woodland, savanna woodland and palm groves.	FOOD (Fd | Fr): Ripe fruits are eaten by children and young people, a use related to its medicinal effects for stomach aches. MED: The plant is used against malaria and constipation. The root and leaves are used to counteract the effects of wine. The Bijagós people use the fresh root to counteract the effects of snake venom. UTE: The root is used as an amulet, and for brushing teeth. OTH: The Bijagós people use the root to train dogs for hunting, to make them more aggressive.	masnebissongró (ba); cubedô (bj); comida-de-santcho (cr); m'tokoi, rutafanfataque (nl).	Região de Tombali, Setor de Bedanda, Cantanhez, Cadique Maila, 11° 14' 32" N / 15° 7' 46" W, 28/03/1998, Diniz, Gomes & Silva 2560 [LISC131231]

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Family / Species	Bioecology	Uses	Common names	Voucher
SAPINDACEAE				
***Allophylus africanus* P.Beauv.**	Shrub, in thicket, woodland, savanna woodland, riparian forest, palm groves, wet grass savanna, and on riverbanks.	FOOD (Fd | Fr): The ripe fruits, red and sweet, are much appreciated by children and young people. UTE: The branches are used as toothbrushes. MED: The leaves are used in traditional medicine to treat skin problems ("impintchu") and swelling.	manau (ba); bugóentchom, cofrancês, ididique (bj); buguintchô-buiare (bf); três-folhas (cr); bussingliméab (fl); sambadjadei, sambassatáe, cordele, coleála, corndeéla, colehela (fu); vêvê-om (md); bugaintchom; futété (ss); anhese (td).	Região de Quínara, Parque Natural das Lagoas de Cufada, 11° 41' 21" N / 15° 02' 33" W, 30/05/1996, Martins & Catarino 1128 [LISC126279]
***Blighia sapida* K.D.Koenig**	Tree, in riparian forest, woodland, and savanna woodland.	FOOD (Fd | Fr): The fruit is edible. MED: Used to treat fever.	m'butchiri (ba); otau (bj); cuiema (fs); féso (fu).	Região de Cacheu, Setor de São Domingos, Varela, 12° 19' 22" N / 16° 34' 11" W, 16/04/1997, Diniz & Gonçalves 1845 [LISC126343]
***Lecaniodiscus cupanioides* Planch. ex Benth.**	Shrub or small tree, in thickets, woodland, palm groves, riparian forest, and riverbanks.	FOOD (Fd | Fr): The fruit is edible. MED: The root is used against coughs, hoarseness, and venereal diseases.	epuápé (bj); sátaga (fu); n'sonran (nl); québé (ss); atperkem (td).	Região de Quínara, Parque Natural das Lagoas de Cufada, 11° 42' 30" N / 15° 05' 40"W, 17/05/1998, Catarino & Djaló 367 [LISC126429]
Lepisanthes senegalensis (Poir.) Leenh Syn.: *Aphania senegalensis* (Poir.) Radlk.; *Sapindus senegalensis* Poir.	Shrub or tree, in woodland, savanna woodland, palm groves, riverbanks, and coastal sands.	FOOD (Bv, Fd | Fr): The ripe fruits are eaten raw. Ripe fruits can be fermented to make wine. MED: The leaves are used to treat umbilical hernias.	m'bôtcherê (ba); cerença, cerija, cereja, serinça (cr); iguió, bulebo (fl); iguió, buiema (fs); mantchampôdje, culneldacu (fu); simbondô, simbode-ô (md); n'pórlô, bute, obalei (pp).	Região de Cacheu, Setor de São Domingos, estrada Suzana para Varela, 19/4/1997, Diniz & Gonçalves 1946 [LISC126311]

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Family / Species	Bioecology	Uses	Common names	Voucher
SOLANACEAE				
***Physalis angulata* L.**	Annual herb, ruderal, also cultivated in rainfed lands.	FOOD (Fd | Fr): The children eat the fruit. UTE: Children enjoy playing with the flowers before they open, which contains a kind of air capsule; when they hit them against the forehead or the head of a friend, they produce an explosive sound, which is why they are called tau-tau (in Creole).	tau-tau (cr); jambumbô, tau-tau (md); capod (mj); búlê-búlê (nl).	Região de Tombali, Setor de Bedanda, Cantanhez, Catchamba Nalu, 30/09/1994, Frazão-Moreira 274 [LISC131233]
	Note: Introduced and naturalised species, native to Tropical America.			
VITACEAE				
***Cissus populnea* Guill. & Perr.**	Herbaceous climber, in woodland, savanna woodland, and wet grass savanna.	FOOD (Fd | Fr): Fresh fruits, before ripening, are used as *candja* (okra = *Abelmoschus esculentus*); they are boiled and crushed to form a sticky paste, which is mixed with the leaves of *baguitchi* (*Hibiscus* spp.), also boiled and crushed, to accompany rice.	n'bumba (ba); bubomba (plant), mambomba (fruit) (bf); canja-di-mato (cr); lacadje (fu); bumba (mc); bumbala (md).	Região de Quínara, Parque Natural das Lagoas de Cufada, 11° 47' 15"N / 15° 08' 53"W, 19/11/1997, Martins & Catarino 1321 [LISC124839]
	Note: The unripe fruits of *canja-di-mato* are sold in markets.			
ZINGIBERACEAE				
	Note: Given the similarities between the species of this genus (*Aframomum*), it is likely that the vernacular names and uses of each species also apply to the others.			
***Aframomum alboviolaceum* (Ridl.) K.Schum** Syn.: *Amomum alboviolaceum* Ridl.	Perennial herb, in woodland and savanna woodland.	FOOD (Fd | Fr): The ripe fruits are eaten, mainly by children and young people. MED: Rhizomes are used in traditional medicine.	bussóndja (plant), mantchóndja (fruit) (bf); belencufa (cr); dadigogo (cs); baómaeb (fl); belancufô (md), mabôbé (nl).	Região de Tombali, Setor de Bedanda, Cantanhez, Canamine, 25/11/1994, Frazão-Moreira 299 [LISC131234]
	Note: The fruits of *belencufa* are sold in markets, as are the rhizomes.			

Continued on next page

Table 2. Checklist of Wild Edible Plant species in Guinea-Bissau. (Notes: The accepted names of the species are in bold and the synonyms in regular font. Use groups: FOOD - Food s.l.; BUI - building material; FIB - fibers; FOD - fodder; MED - medicinal; PHY - phytochemical; RIT - ritual or cultural; UTE - utensils; OTH - other uses. Types of food uses: Fd - food s.s.; Bv - beverage; Cd - condiment; Eo - edible oil; Sw – sweetener. Plant parts used: Fl - flowers; Fr - fruits; Rt - roots and tubers; Lv - leaves; Se - seeds; Sp - sprouts. Common names: see abbreviations of languages in Table 1.) (Continued)

Family / Species	Bioecology	Uses	Common names	Voucher
***Aframomum cereum* (Hook.f.) K.Schum.** Syn.: *A. sceptrum* (Oliv. & D.Hanb.) K.Schum.	Perennial herb, in woodland and savanna woodland.	FOOD (Fd | Fr): The ripe fruits are eaten, mainly by children and young people. MED: Rhizomes are used in traditional medicine.	bussóndja (plant), mantchóndja (fruit) (bf); belencufa (cr); belancufô (md).	Região de Gabu, entre Sonaco e Gabú, 19/06/1946, Espírito-Santo 2261 [LISC131239]
***Aframomum rostratum* K.Schum.**	Perennial herb, in woodland and savanna woodland.	FOOD (Fd | Fr): The ripe fruits are edible. MED: The rhizome, macerated with salt, is used against intestinal parasites.	bussóndja (plant), mantchóndja (fruit) (bf); belencufa (cr); dadigôgô (fu); brene (mc); bu-rima (mj); mabobé (nl); brum-brum (pp); bôbô (ss).	Região de Quínara, entre Quebo e Caboxanque, próximo do cruzamento para Iemberém, 8/12/1992, Martins, Moreira, Bancessi & Candé 622 [LISC131238]

CONCLUSION

This comprehensive dataset provides a valuable resource for floristic, ecological, and ethnobotanical research, and it facilitates further studies on the sustainable use, conservation, and valorization of WEPs in Guinea-Bissau.

WEPs remain an important natural resource in Guinea-Bissau, used daily by rural communities and available year-round in both local and urban markets. This economic activity is primarily carried out by young people and women, both in harvesting and marketing. Approximately 40 species are traded in these markets, generally well accepted and often commanding prices that allow for a value chain benefiting collectors, intermediaries, and sellers. Among the species sold, some have limited seasonal availability and are difficult to preserve (e.g., *Anisophyllea laurina*, *Spondias mombin*, *Vitex doniana*), while others are sold year-round, either because they can be easily preserved for long periods (e.g., *Adansonia digitata*, *Dialium guineense*, *Parkia biglobosa*) or because their fruiting period extends over much of the year (e.g., *Saba senegalensis*).

Although the authors have a long experience in ethnobotany in Guinea-Bissau and have conducted extensive fieldwork, herbarium research, and bibliographic studies, the number of WEP species in the country is likely higher than reported here. While the use of the species listed has been verified, there may still be plants used for food whose consumption has not yet been documented. For example, in Burkill's reference work on the useful plants of West Africa (Burkill 1986–2004), some species occurring in Guinea-Bissau are reported as being used for food in neighbouring countries, but no specific data are available for Guinea-Bissau. Therefore, despite several contributions to understanding the current and potential uses of useful plants in the country, much remains to be discovered, explored, and valorized.

DATA AVAILABILITY

The data used to support the findings of this study are presented in the article. A dataset of 3 to 6 photographs for each species is available at Zenodo (https://doi.org/10.5281/zenodo.18413584; Catarino and Indjai 2026).

CONFLICT OF INTEREST

The authors have no conflicts of interest to declare.

CONTRIBUTION STATEMENT

Conceived of the presented idea: BI, AFM, LC.
Carried out the experiment: BI, LC, MMR.
Carried out the data analysis: BI, LC, AFM.
Wrote the first draft of the manuscript: LC, MCD, MMR.
Review and final write of the manuscript: LC, MCD, MMR, PS.
Supervision: LC, MMR.

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DISCLOSURE OF AI USE

The authors declare that they did not use any AI tools in this work.

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