

*Heinsia crinita*

*Gardenia crinita* Afzel.

*Heinsia crinita* (commonly known as bush apple) is a species of perennial shrub or small tree in the family, Rubiaceae. It is native to tropical areas of Africa.[1]

The fruit is harvested as a local source of food and the leaves are also eaten[2] ("betete" or bitter leaves). Parts are also used in traditional medicine.[3] It has been the subject of various studies. It is known as atama in Nigeria.[4]

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