PLANT FACT SHEET

Telosma pallida (Roxb.) Craib

GENUS *Telosma* **FAMILY** Apocynaceae

EDIBLE PARTS AND USES

Edible parts: Flowers, Fruit, Leaves

The flowers are fried and eaten as a vegetable.
The fruit are eaten.
The young leaves are eaten boiled or stir-fried.

DESCRIPTION

A twining shrub. The bark is pale brown. It is somewhat corky. The leaves have stalks. They are 4-9.5 cm long by 1-2.5 cm wide. They are sword shaped to heart shaped. They taper to the tip. They are dull dark green above and pale underneath. The flowers are yellow. They occur in umbrella shaped arrangements. The fruit is a many seeded dry fruit. It is long and has wrinkles along it. It tapers to a blunt point.

HABITAT

It is a subtropical plant. In Nepal it grows between 300-900 m altitude. It grows in moist, open places. It climbs on shrubby hedges.

PRODUCTION

Cultivation

Plants are grown by seed.

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