PLANT FACT SHEET

Gymnema lactiferum (L.) R. Br. ex Schult.

GENUS *Gymnema* **FAMILY** Apocynaceae

COMMON NAMES Cow plant

EDIBLE PARTS AND USES

Edible parts: Sap, Milk, Leaves

Caution:
The leaves are used in salads and curries.

DESCRIPTION

A climbing shrub. It keeps growing from year to year. Young plant parts are hairy. The leaf blade is 8 cm long and 4 cm wide. The flowers are in groups with stalks from a common point.

HABITAT

A tropical plant. It grows in dry forests.

NOTES

The leaves have been used to treat diabetes.

REFERENCES

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 335

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/065de24d-20c1-498a-b9aa-e1d7e4f82edc