PLANT FACT SHEET

Parapodium costatum E. Mey.

GENUS *Parapodium* **FAMILY** Apocynaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked as a spinach.

DESCRIPTION

A stout, erect herb. It keeps growing from year to year. It grows 35 m tall. It grows from a thickened rootstock. The stems are simple and unbranched. They are airy towards the top. The leaves are simple and opposite. They are oblong or sword shaped and thick and hairy on the upper surface. The edges can be slightly wavy. The flowers are in groups or 3-7 on side stalks. The flowers are 10-15 mm long and bell shaped and yellowish-green. The fruit is a follicle with a few lumps.

HABITAT

It is a subtropical crop.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/08c97965-151e-41ef-9a95-09a060a6a39b