PLANT FACT SHEET

Mikania cordata (Burm. f.) B. L. Robinson

GENUS *Mikania* **FAMILY** Asteraceae

COMMON NAMES Climbing hemp-weed

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked in soups.

DESCRIPTION

A climber or vine. It grows 8-15 m high. It keeps growing from year to year. The leaves are opposite. The base of the leaf is heart shaped. There can be teeth along the edge of the leaf. The leaves are 8 cm wide. The flowers are pale pink or white. They are in a cluster at a head. The fruit are greenish-white.

HABITAT

It is a tropical plant. It grows in waste places and old re-growth. In Malawi it grows between 650-1,900 m altitude. It can be in savannah woodland and palm groves. It can be in flooded rice fields. In Yunnan.

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