PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Adenia cissampeloides (Planch. ex Benth.) Harms

GENUS *Adenia* **FAMILY** Passifloraceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable, Fruit

CAUTION: Most Adenia are poisonous.
The leaves are cooked and eaten as a side dish. They are often cooked with potash.

DESCRIPTION

A succulent plant with a swollen base. It is partly woody and a climber. It can be 25 m high.

HABITAT

It is a tropical plant. It grows from sea level to 1,600 m altitude. It grows in palm groves. It is recorded at 1,800 m above sea level in Nigeria.

NOTES

There are 95 Adenia species. They are common in the semiarid regions of Africa.

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