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.

Parthenocissus inserta (A. Kern.) Fritsch

GENUS *Parthenocissus* **FAMILY** Vitaceae

COMMON NAMES False Virginia creeper, Thicket creeper

EDIBLE PARTS AND USES

Edible parts: Stalk, Fruit, Leaves

The stalks were boiled and the inner bark eaten.
The berries are eaten.
Caution: The plant is high in oxalates.

DESCRIPTION

A woody vine. It grows 20-30 m long.

HABITAT

It is a temperate plant.

REFERENCES

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Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 378 (As Parthenocissus vitacea)

Nakahara, K. et al, 2002, Antimutagenicity of Some Edible Thai Plants, and a Bioactive Carbazole Alkaloid, Mahanine, Isolated from Micromelum minutum. Journal of Agricultural and Food Chemistry. 50: 4796-4892 (As Parthenocissus vitacea)

Toupal, R. S. & Hollenback, K., 2009, An Ethnobotany of Indiana Dunes National Lakeshore: Plant Uses of the Ojibwa People. Bureau of Applied Research in Anthropology. University of Arizona

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/0c52e1dd-4a06-4b42-96f7-e2a31b34d409