PLANT FACT SHEET

Asclepias brachystephana Engelm. ex Torr.

GENUS *Asclepias* **FAMILY** Apocynaceae

COMMON NAMES Bract milkweed

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked and eaten as a vegetable.

DESCRIPTION

A herb. It grows 30 cm tall. The leaves are sword shaped and 5-12 cm long by 4-11 mm wide. The flower stalk is 1-2 cm long. There are 6-12 flowers in a cluster.

HABITAT

It is a temperate plant.

REFERENCES

Kermath, B. M., et al, 2018, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. p 124

PROVIDED BY **Food Plants International**

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/0d402312-6eb4-405f-aec8-c6978d4c382e