PLANT FACT SHEET

Cissus quadrangularis L.

GENUS *Cissus* **FAMILY** Vitaceae

COMMON NAMES Edible stemmed vine

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems, Fruit, Seeds - oil

Young leaves and shoots are used in curries. They are also used in the preparation of papadams.
Fresh stem pieces are pickled. The stems can be stored for 10 days.
The fruit are eaten.
The seeds are used for cooking oil.
The ash of the plant is used as a substitute for baking powder.

DESCRIPTION

A climber with a fleshy four angled stem. It grows to 3 m long. It can be 10 m long. Leaves only occur on young shoots and the rest of the plant is leafless. The plant has tendrils by which it attaches to objects. These are opposite the leaves. The inner branches are thinner with a wavy edge, and these are constricted at the nodes. The leaves occur at the nodes. The leaves are simple, rounded and have teeth around the edges. Sometimes the leaves have 3 lobes. Leaves can be 20 cm long. The flowers are arranged in clusters. They are small and green or yellow. These clusters can be 5 cm long. The fruit is red to black and round. It can be 10 mm across.

HABITAT

A tropical plant. It occurs in the Ethiopian highlands. The minimum temperature is 15°C. In Thailand it occurs in forests and coastal regions. It grows in the hottest part of India. It grows in hot arid places. It grows between sea level and 1,950 m above sea level. It grows in woodland and savannah. It can grow in arid places. It suits hardiness zones 10-12.

PRODUCTION

Cultivation

Plants are easily grown from cuttings of the stem. It can be grown from seed.

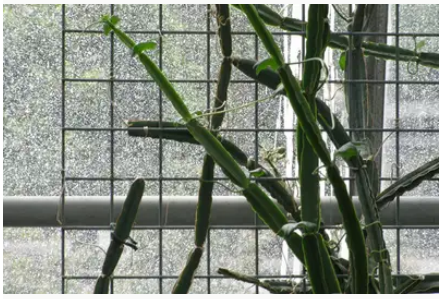
NOTES

It has a number of medicinal uses. There are about 200-350 Cissus species. There are about 75 species in tropical America.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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