PLANT FACT SHEET

Telosma procumbens (Blanco) Merr.

GENUS *Telosma* **FAMILY** Apocynaceae

COMMON NAMES Dukep

EDIBLE PARTS AND USES

Edible parts: Fruit, Flowers, Leaves

The young fruit and flowers are cooked and eaten as vegetables.
The new shoots and young leaves are cooked with other vegetables.

DESCRIPTION

A creeper with slender rounded and heart shaped leaves. They are 3-10 cm long by 5-6 cm wide. They are slightly hairy on the lower veins. The leaf tip is pointed and they are rounded at the base. The flowers are greenish and have no smell. There are about 5-10 flowers in a cluster. The fruit contain flat seeds with many soft white hairs.

HABITAT

A tropical plant. They are widely distributed and common in areas of shrub at low altitudes throughout the islands of the Philippines. In southern China it grows along rivers between 300-800 m above sea level. In Yunnan.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/16768116-5f46-4d6c-a6cf-666a9c3f1ea2