PLANT FACT SHEET

# *Polystemma cordifolium* (A. Gray) MacDonnell & Fishbane

**GENUS** *Polystemma* **FAMILY** Apocynaceae

**COMMON NAMES** Sonoran milkvine, Heart-leaf milkweed vine

## EDIBLE PARTS AND USES

**Edible parts:** Fruit, Vegetable

The fruit is used as a vegetable.

## DESCRIPTION

A vine or climbing plant. The stems can be 2 m long. The leaves are heart shaped with wavy edges. The flowers are white to pale yellow. They have 5 petals. The fruit are long and narrow. They can be mottled green and pale green. They are about 10 cm long.

## HABITAT

It is a subtropical plant. It grows in desert scrub and rocky slopes.

## NOTES

It is a rare plant.

## REFERENCES


Nabhan, G. P., et al, 2022, Reviving the Arid American Diet in the Face of Climate Change: Assessing its Composition, Links to the Mesomerican Diet and Potential to Advance Indigenous Health and Diabetes Prevention. International Journal of Water Resources and Arid Environments 11(2): 81-112 (As Matelea cordifolia)

Pio-Leon, J. F., et al, 2017, Prioritizing Wild Edible Plants of potential new crops based on Deciduous Forest traditional knowledge by a Rancher community. Botanical Sciences 95(1): 47-59 (As Matelea cordifolia)

Segura, S. et al, 2018, The edible fruit species in Mexico. Genet Resour Crop Evol (2018) 65:1767–1793 (As Matelea cordifolia)



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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/18d660ad-0778-4ed5-b157-d0689f18e36b