PLANT FACT SHEET

Cyphostemma adenocaule (Steud. ex A. Rich.) Desc. ex Wild & Drummond

GENUS *Cyphostemma* **FAMILY** Vitaceae

COMMON NAMES Aserkush

EDIBLE PARTS AND USES

Edible parts: Leaves, Roots, Tubers, Fruit, Vegetable

The leaves are cooked and used as a vegetable and in soups. They taste sour.
The stems are cut to release drinking water.
The fruit are acid and eaten and used in soups.
The roots are boiled and eaten. They are also sliced and dried and stored. They can be stored for 1-2 months.

DESCRIPTION

A climbing herb. It has annual stems from a swollen rootstock. It can climb 7.5 m high. The flowers are pink to red. They can be white, green or yellow. The fruit are red to black. They are oval and 6-8 mm long by 4-6 mm wide.

HABITAT

It is a tropical plant. It grows in savannah in West Africa. It grows between sea level and 2,280 m above sea level. It can grow in arid places.

NOTES

They are tropical plants.

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