PLANT FACT SHEET

Cissus petiolata Hook.

GENUS *Cissus* **FAMILY** Vitaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

The seeds are cooked and eaten.

DESCRIPTION

A creeper. The young stems are 4 sided. Older stems are 3-4 cm across. There are broad corky wings. It has simple tendrils. The leaves are simple and broadly oval. They are 13 cm long by 13 cm wide. They are heart shaped at the base. There are slight teeth along the edges. The leaf stalk is 11 cm long. The flowers are in branched clusters in the axils of leaves or near the ends of branches. The fruit are oval and 8 mm across.

HABITAT

A tropical plant. It grows in lowland rainforest. It suits humid locations. It Malawi it grows between 750-1,100 m altitude.

NOTES

There are about 200-350 Cissus species. There are about 75 species in tropical America.

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