PLANT FACT SHEET

Echites panduratus (A. DC.) R. E. Woodson

GENUS *Echites* **FAMILY** Apocynaceae

COMMON NAMES Laroco, Loroco

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, bud

The flower buds are eaten usually cooked. They are added to a range of dishes. They can be boiled, steamed, roasted, stir-fried or dried.
The flowers are used in pizzas.
The tender tips of the vines are used as greens.

DESCRIPTION

A vine. It is vigorous and slightly woody. It has fine hairs. The leaves are opposite. The leaf stalks are 1-2 cm long. The leaf blades are 4-13 cm long by 1.5-8 cm wide. They are thin and dull green. They are oblong to oval and the base can be rounded or heart shaped. The flowers are greenish white. They are on crowded stalks with 8-18 along one stalk. The fruit is a seed pod 9-14 cm long. They are very slender and occur in pairs. They are brown when mature and split open to release long silky hairs and many slim seeds.

HABITAT

A tropical plant. It grows naturally up to 900 m altitude in Central America.

PRODUCTION

Cultivation

Plants are grown from new shoots that arise from the roots. It can be grown from seeds.

REFERENCES

Ann. Missouri Bot. Gard. 19:48. 1932 (As Fernaldia pandurata also as Fernaldia brachypharynx)

Benvenuti, S. & Mazzoncini, M., 2021, The Biodiversity of Edible Flowers: Discovering New Tastes and New Health Benefits. Frontiers in Plant Science Article 569499. (As Fernaldia pandurata)

Chizmar Fernandez, C., et al, 2009, Plantas comestibles de Centroamerica. Instituto de Biodiversidad, Costa Rica. p 44 (As Fernaldia pandurata)

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 22 (Also as Fernaldia pandurata)

FAO, 1993, Valor Nutritivo Y Usis en Alimantacion humana de Algunis Cultivos Autoctonos Subexplotados de Mesoamerica. FAO, Santiago, Chile. p 66 (As Fernaldia pandurata)

Hellmuth, N. M., 2013, Maya Ethnobotany. Complete Inventory of plants. Associacion FLAAR Mesoamerica. Thirteenth edition. p 48 (As Fernaldia pandurata)

Hermandez Bermejo, J.E., and Leon, J. (Eds.), 1994, Neglected Crops. 1492 from a different perspective. FAO Plant Production and Protection Series No 26. FAO, Rome. p 12 (As Fernaldia pandurata)

http://research.famsi.org/botanyworking_plant_list.php (As Urechites karwinskii)

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 365 (As Fernaldia pandurata)

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 175 (As Fernaldia pandurata)

Morton, J.F., Alvarez, E., and Quinonez, C., 1990, Loroco, Fernaldia pandurata (Apocynaceae): A popular Edible Flower of Central America. Economic Botany 44(3) pp 301-310 (As Fernaldia pandurata also as Fernaldia brachypharynx)

Turreira-Garcia, N., et al, 2015, Wild edible plant knowledge, distribution and transmission: a case study of the Achi Mayans of Guatemala. Journal of Ethnobiology and Ethnomedicine. 11:52 (As Fernaldia pandurata)

USDA, ARS, National Genetic Resources Program. Germplasm Resources Information Network - (GRIN). [Online Database] National Germplasm Resources Laboratory, Beltsville, Maryland. Available: www.ars-grin.gov/cgi-bin/npgs/html/econ.pl (10 April 2000) (As Fernaldia pandurata)

Wiersema, J. H. & Leon, B., 2013, World Economic Plants. A Standard Reference CRC Press. 2nd Ed. p 298 (As Fernaldia pandurata)

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/2894b8f9-0056-4102-be3d-3eaf825dd419