PLANT FACT SHEET

Tetrastigma harmandii Planchon

GENUS *Tetrastigma* **FAMILY** Vitaceae

COMMON NAMES Ayo

EDIBLE PARTS AND USES

Edible parts: Leaves, Fruit, Spice

The sour leaves and fruit are used to colour food. They are also used to sour fish dishes.
The fruit can be cooked with other foods to add flavour. They can also be used for jellies.

DESCRIPTION

A woody vine. It has simple tendrils. The leaves are compound with 3-7 leaflets. The fruit is an almost round berry. It is 1.5 cm across. It is brown. They are in clusters of 4-15.

HABITAT

A tropical plant. It grows in thickets at low and medium altitudes.

REFERENCES

Brown, W.H., 1920, Wild Food Plants of the Philippines. Bureau of Forestry Bulletin No. 21 Manila. p 108

A. L. P. P. de Candolle & A. C. de Candolle, Monogr. phan. 5:425. 1887

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 245

Ferns, Useful Tropical Plants.

Maghirang, R. G., et al, 2018. Ethnobotanical Studies of Some Plants Commonly Used as Vegetables in Selected Provinces of the Philippines. Journal of Nature Studies. 17(2), 30-43.

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 225

Miguel, E., et al, 1989, A checklist of the cultivated plants of Cuba. Kulturpflanze 37. 1989, 211-357

PROSEA handbook Volume 13 Spices. p 280 and No. 2

Tanaka,

Uphof,

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/2a435fc9-9d64-413d-b730-91902d72f4df