PLANT FACT SHEET

Ruehssia edulis (S. Watson) L. O. Alvarado

GENUS *Ruehssia* **FAMILY** Apocynaceae

EDIBLE PARTS AND USES

Edible parts: Fruit

The young fruit are roasted.

DESCRIPTION

A large vine. It has thick stems. It grows 3 or more m long. The flowers are white.

HABITAT

It is a subtropical plant. It can grow in arid areas. It suits the seasonally dry tropics.

REFERENCES

Desert Survivors Online Plant Database (As Marsdenia edulis)

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 Marsdenia edulis)

Yetman, D., 2002, The Guarijios of the Sierra Madre: Hidden People of Northwestern Mexico. University of New Mexico Press. p 180 (As Marsdenia edulis)

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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/2bcea998-51ae-43e9-a5ae-3eb497559aa2