PLANT FACT SHEET

Vincetoxicum sylvaticum (Decne) Kuntze

GENUS *Vincetoxicum* **FAMILY** Apocynaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A slender twiner or creeper. The leaves are spreading. The leaf blade is 1-15 cm long and 2.5-8 cm wide. The flowers are in groups 12-15 cm long. The flowers are small and brownish-purple. The fruit are follicles 6-9 cm long. They are sword shaped and smooth. There are 4 seeds about 1 cm long.

HABITAT

A tropical plant. It grows in thickets and secondary jungle.

NOTES

There are about 50 Tylophora species.
It is used in medicine.

REFERENCES

Fowler, D. G., 2007, Zambian Plants: Their Vernacular Names and Uses. Kew. p 76 (As Tylophora sylvatica)

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 108 (As silvatica)

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 178 (As Tylophora sylvatica)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/336a15c7-1be8-4365-9a3a-87331bf8c8ec