PLANT FACT SHEET

Cardiospermum microcarpum Kunth

GENUS *Cardiospermum* **FAMILY** Sapindaceae

COMMON NAMES Balloon vine, Leaved heart pea

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten as a green vegetable.
An extract of the whole plant is added to porridge.

DESCRIPTION

A climber. It grows 1-3 m tall. It grows each year from seeds. The stem is slender and with a strong furrow. Young parts are hairy. The leaves are alternate and leaflets arranged in 2 groups of three. The leaf stalks are 5-8 cm long. The flowers are small and white. They are on long slender stalks. The fruit is an inflated capsule with 3 chambers.

HABITAT

It is a tropical plant. In Argentina it grows from sea level to 1,500 m above sea level.

REFERENCES

Rajapaksha, U., 1998, Traditional Food Plants in Sri Lanka. HARTI, Sri Lanka. p 443

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/392d86b0-b44a-4cb1-9a48-8df2b4a50fac