PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Asclepias latifolia (Torr.) Raf.

GENUS *Asclepias* **FAMILY** Apocynaceae

COMMON NAMES Broadleaf milkweed

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb. It grows up to 1 m tall. The leaves are 8-10 cm long by 5 cm wide. They attach directly to the stem. The flowers are pale green to yellowish.

HABITAT

It is a subtropical plant. It suits a sunny dry position.

REFERENCES

LaRochelle, S. & Berkes F., 2003, Traditional Ecological Knowledge and practice for Edible Wild Plants - Mexico. Int. J. Sustain Dev. World Ecol. 10:361-375

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/3ca083fe-b6e5-4f91-a573-b1a9c3695b71