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.

Cissus antarctica Vent.

GENUS *Cissus* **FAMILY** Vitaceae

COMMON NAMES Kangaroo vine, Water vine

EDIBLE PARTS AND USES

Edible parts: Fruit, Stems - water

CAUTION. The fruit contain calcium oxalates which irritate the throat.
The fruit are edible. They are used for cooking and jams.

DESCRIPTION

A tall woody climber. It has tendrils. It grows 5-15 m high. The young shoots are flattened and have brown hairs. The leaves are broad and oval. They are dark green and shiny. They leaf edges can have coarse teeth. Leaves are 8-15 cm long by 3-5 cm wide. The flowers are greenish. They are 0.5 cm across. They occur in dense clusters in the axils of leaves. The fruit are round and black. They are 1 cm across. The fruit are edible.

HABITAT

It grows in warm temperate to tropical places. It grows naturally on the edges of the rainforest in Queensland and New South Wales in Australia. It needs well drained soil. It does best with light shade. It is damaged by heavy frosts. It suits hardiness zones 9-12.

PRODUCTION

Cultivation

Plants can be grown from seed which must be sown fresh. The flesh is removed before planting. They can also be grown from stem cuttings.

NOTES

There are about 200-350 Cissus species. There are about 75 species in tropical America.

PICTURES



Credit: Food Plants International (Bruce French)



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