PLANT FACT SHEET

# *Cynanchum registanense* (Stocks) Benth. ex Hook.f.

**GENUS** *Cynanchum* **FAMILY** Apocynaceae

**COMMON NAMES** Glossonema, Yaradat al attar

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Fruit

The follicles or small sacs are eaten raw. It is the young fruit that are eaten.

## DESCRIPTION

A herb that keeps growing from year to year. It grows 5-20 cm high. The stems and leaves are greyish-green and hairy. The leaves are oval shaped and wavy along the edge. They have leaf stalks and are alternate. The plant has milk like sap. The flowers are small and yellow and in clusters in the axils of the leaves. The fruit are oval and covered with soft spines. The seeds are attached to hairs.

## HABITAT

It is a temperate to Mediterranean plant. In Bahrain it grows in gravelly and stony soils. It can grow in arid regions. It can grow in the desert and dry shrubland.

## NOTES

Also put in the family Asclepiadaceae.

## REFERENCES


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