PLANT FACT SHEET

Asclepias quadrifolia Jacq.

GENUS *Asclepias* **FAMILY** Apocynaceae

COMMON NAMES Fourleaf milkweed

EDIBLE PARTS AND USES

Edible parts: Flowers, Gum, Leaves, Oil, Seeds, pod

The unopened flower buds are eaten cooked.
The flowers are used as flavouring and as a thickener in soup.
The flower clusters can be boiled down to make a sugary syrup.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

PRODUCTION

Cultivation

Plants can be grown from seed or cuttings.

NOTES

There are 100 Asclepias species.

REFERENCES

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK.
http://www.scs.leeds.ac.uk/pfaf/

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/40403af0-c3e2-4b7e-8445-52a1ebb553e8