PLANT FACT SHEET

Gynura procumbens (Lour.) Merr.

GENUS *Gynura* **FAMILY** Asteraceae

COMMON NAMES Purple passion plant, Velvet plant

EDIBLE PARTS AND USES

Edible parts: leaves - condiment, Flavouring, Spice

The young leaves are sometimes used to flavour dishes. They are cooked with meat and in soup.
CAUTION: In large amounts the leaves are poisonous.

DESCRIPTION

A climbing or creeping herb. It can grow 1 m tall. The leaves are fleshy. The young leaves are often purple underneath. They are 3-8 cm long by 2-4 cm wide. The flowers are in greenish-yellow heads 2 cm long. The fruit are 5-6 mm long.

HABITAT

A tropical plant. It grows in sunny places. It grows on the edge of forests and in thickets. It grows along streams and up to 1,500 m above sea level. In Sichuan and Yunnan. At MARDI.

PRODUCTION

Cultivation

Plants can be grown from seeds and cuttings.

NOTES

There are about 100 Gynura species. They are mostly in the tropics.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/40a1b150-be77-4f15-b98a-1ca1bf5051b9