PLANT FACT SHEET

Paullinia pinnata L.

GENUS *Paullinia* **FAMILY** Sapindaceae

COMMON NAMES Cheese and bread

EDIBLE PARTS AND USES

Edible parts: Leaves, seeds - aril, Seeds, Fruit, Flowers

The aril or soft layer around the seeds and the pulp of the fruit are sometimes eaten.
The flowers are eaten.
The leaves are eaten.

DESCRIPTION

A woody creeper or vine. It can be 5-10 m long. The leaves have 5 leaflets. The leaf stalk has wings. The flower racemes occur singly in the axils of leaves. They can be 10 cm long. The flower are in clusters without stalks. The flowers are white. The fruit is an oblong or pear shaped capsule. It is 3 cm long by 1.4 cm wide. It is pinkish red and has fine lines along it. The valves are woody and there is 1 or sometimes 3 seeds inside. These are 1 cm long by 0.8 cm wide and 0.6 cm thick. They are shiny and blue-purple to black. There is a white aril or layer around the seed. This is edible.

HABITAT

It is a tropical plant. It grows on coastal plains, swamps and sandy beaches. It grows in seasonally flooded forests. It grows along riverbanks and can grow on sand or clay. It grows between sea level to 1,600 m above sea level. In Argentina it grows below 500 m above sea level. It can grow in arid places.

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