PLANT FACT SHEET

Tinospora caffra (Miers) Troupin

GENUS *Tinospora* **FAMILY** Menispermaceae

EDIBLE PARTS AND USES

Edible parts: Stems

DESCRIPTION

A woody climber. The leaves are 3-8 cm long by 2-7 cm wide. They are oval to heart shaped. Male and female flowers are separate. Male group are 7-30 cm long. The female ones are 7-15 cm long. The fruit are 0.8-1.2 cm long by 0.4-0.7 cm wide.

HABITAT

It is a tropical plant. It grows in forests and often near rocky outcrops.

REFERENCES

Ichikawa, M., 1980, The Utilization of Wild Food Plants by the Suiei Dorobo in Northern Kenya. J. Anthrop. Soc. Nippon. 88(1): 25-48

Mutie, F. M., et al, 2023, Important Medicinal and Food Taxa (Orders and Families) in Kenya, Based on Three Quantitative Approaches. Plants 2023, 12, 1145 (As Hyalosepalum caffrum)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/4adcd59c-b0bd-423d-b1da-5a7db0f0ef0c