PLANT FACT SHEET

Lepistemon owariense (P. Beauv.) Hallier f.

GENUS *Lepistemon* **FAMILY** Convolvulaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are boiled and eaten as a vegetable.

DESCRIPTION

A robust twining herb. It grows 3 m high. It keeps growing from year to year. The stems are covered with long yellow brown bristly hairs. The leaves are alternate and simple. They are heart shaped and up to 15 cm long. There can be small lobes or large teeth. There are many flowers in a group. The flower tube is white. The fruit is an oval capsule.

HABITAT

It is a tropical plant. It grows in rain-forest and scrub in West Africa. In Malawi it grows in forest along rivers. It grows between 1,100-1,370 m altitude.

NOTES

There are 10 Lepistemon species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/5068dd75-be48-4c7b-b88b-ed0a11801074