PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Vincetoxicum canescens (Willd.) Decne

GENUS *Vincetoxicum* **FAMILY** Apocynaceae

EDIBLE PARTS AND USES

Edible parts: Roots

The roots are eaten.
Caution: They made need processing.

DESCRIPTION

A hairy herb. The underground stem or rhizome has dense clusters or roots. The stems are erect and 50 cm tall but flexible. The leaf stalk is 2-15 mm long. The leaves are oval or oblong and 3-8 cm long by 2-5 cm wide. They are leathery. The are rounded or heart shaped at the base and taper to the tip. The flowers are hairy and the flowering shoots do not have a stalk. The flowers are yellow or green.

HABITAT

It is a temperate plant. In the Himalayas it grows between 2,300-3,600 m above sea level.

REFERENCES

Ghimire, S. K., et al, 2008, Non-Timber Forest Products of Nepal Himalaya. WWF Nepal p 25 (As Cynanchum canescens)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/56910504-d906-4e86-b189-6199edc8d354