PLANT FACT SHEET

Cissus integrifolia (Bak.) Planch.

GENUS *Cissus* **FAMILY** Vitaceae

COMMON NAMES Depa-vine

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves, Stem - sap

The leaves are used as a relish and as a famine food.
The fruit are eaten.
The stems have a clear sap which is drunk.

DESCRIPTION

A shrub or vine up to 9 m tall. It has gum like sap. It has tendrils opposite the leaves. The leaves are round or slightly long. They are about 5 cm long. They have a long drawn out tip. The flowers are yellow. The fruits are oval and 20 mm long. They are red and covered with a bloom.

HABITAT

A tropical plant. It grows amongst vegetation near rivers. In Zimbabwe it grows up to 1,100 m above sea level.

NOTES

There are about 200-350 Cissus species. There are about 75 species in tropical America.

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