PLANT FACT SHEET

Gynura amplexicaulis Oliv. & Hiern

GENUS *Gynura* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves - flavouring

Caution: Some kinds can be high in oxalates and these need to be removed by boiling and changing the cooking water.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 40-100 cm high. It has an unpleasant musky smell. It has a tuberous rootstock. The tubers are 10 cm long by 5 cm across. The stems are fleshy. The leaves are in rings. The leaves at the base are spoon shaped and 4-22 cm long by 3-11 cm wide.

HABITAT

It is a tropical plant.

REFERENCES

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 5. Kew.
World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6230363a-5960-40ea-89c3-88e0187cfbd5