PLANT FACT SHEET

Ipomoea pes-caprae R. Br.

GENUS *Ipomoea* **FAMILY** Convolvulaceae

COMMON NAMES Beach Morning glory

EDIBLE PARTS AND USES

Edible parts: Roots, Leaves, Vegetable, Plant - tea

The roots are cooked and eaten as an emergency food.
The stalks are eaten as a famine food.
Caution: They should not be eaten in large amounts. At some times of the year they can be bitter.

DESCRIPTION

A vine which creeps along the ground. It continues growing from year to year. The stems can be several metres long. They arise from a thick taproot. The vines die back and re-grow. The leaves are smooth and dark green. They are thick and leathery. They are oblong or round. The blade is 5-12 cm long by 4-12 cm wide. It has 2 large lobes. The leaf stalk is 12 cm long. The flowers are large and pink or purple. They are trumpet shaped and darker in the centre. They are 3-6 cm long. Flowers can occur either singly or as several together. The flower stalk is 5-15 cm long. The fruit are smooth round capsules. These are somewhat hard and woody and are 1.5-2 cm across. They have papery bracts around the base. These capsules are brown and split open when ripe. They contain 4 seeds which are hairy.

HABITAT

A tropical plant. It grows from tropical to warm temperate regions. It grows naturally on beaches above high tide and on sand dunes. It needs well drained soil and full sunlight. It can grow in coastal locations and can stand light frost. It is salt tolerant.

PRODUCTION

Cultivation

They can be grown from seed or cuttings.

NOTES

There are about 500 Ipomoea species. The tubers are used in medicine.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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