PLANT FACT SHEET

Sarcostemma secamone (L.) Bennett

GENUS *Sarcostemma* **FAMILY** Apocynaceae

COMMON NAMES Chamuk pla lot

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers

The young leaves and flowers are cooked and used as a vegetable and cooked in vegetable curries. They are bitter.

DESCRIPTION

A climbing herb. It has milky sap. The leaves are opposite and narrowly sword shaped. They are 8 cm long by 1 cm wide. The flowers are in groups of 2-4 flowers 4 cm long. They are white with a pinkish-purple throat.

HABITAT

It is a tropical plant. It grows near the banks of rivers and along the edges of rice paddies.

NOTES

Also put in the family Asclepiadaceae. Several Sarcostemma have been changed to Cynanchum.
It has anti-inflammatory properties.

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