PLANT FACT SHEET

Calystegia hederacea Wall.

GENUS *Calystegia* **FAMILY** Convolvulaceae

COMMON NAMES Japanese False Bindweed

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Flowers

Young leaves are cooked as a vegetable.

DESCRIPTION

A climbing herb. It keeps growing from year to year. The shoots can climb or lay along the ground and are 3 m long. The leaves are green and arrow shaped. The flowers are pink and 5 cm across.

HABITAT

It is a temperate plant. It grows in fields, wasteland, roadsides, river banks, often on sandy soils between 100–3500 m. It needs a sunny position. It is resistant to frost and sensitive to drought. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants can be grown by root division.

Harvesting and Seed Production

It grows rapidly.

NOTES

There are 25 Calystegia species.

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