PLANT FACT SHEET

Cryptolepis oblongifolia (Meisn.) Schltr.

GENUS *Cryptolepis* **FAMILY** Apocynaceae

COMMON NAMES Red-stemmed cryptolepis

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Vegetable

The leaves are cooked. They are slimy.

DESCRIPTION

An evergreen herb or small shrub. It can be a climber or scrambler. It grows 2 m high. It keeps growing from year to year. The branches are reddish-brown. The plant produces latex or sap when injured. The leaves are opposite and narrow. The leaves are dark green above and grey-green underneath. The are in well spaced pairs opposite each other. The flowers occur as 3-15 in branched clusters. They are yellowish-green. The flower has a tube and short lobes. The fruit occur in pairs joined at the base. They are 9 cm long by 1 cm wide.

HABITAT

It is a tropical plant. It grows in hot and arid areas. It grows in places with a dry season or 6-11 months. In southern Africa it grows between 50-1,800 m altitude. It grows in well-drained soil in woodland, hills or plains. It can grow in arid places. It grows in savannah woodland in West Africa.

NOTES

Also put in the family Asclepiadaceae.

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