PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Cyathula uncinulata (Schrad.) Schinz

GENUS *Cyathula* **FAMILY** Amaranthaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Medicine

The leaves are chopped, cooked and eaten as a vegetable.

DESCRIPTION

A scrambling herb. It can grow 5 m long.

HABITAT

It is a tropical plant.

REFERENCES

Regassa, T., et al, 2014, Ethnobotany of Wild and Semi-Wild Edible Plants of Chelia District, West-Central Ethiopia. Science, Technology and Arts Research Journal. 3(4): 122-134

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 11

Welcome, A. K. & Van Wyk, B.-E., 2019, An inventory and analysis of the food plants of southern Africa. South African Journal of Botany 122 (2019) 136–179

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6b9abada-57ca-4ac2-8ee1-49cc76d9cba0