PLANT FACT SHEET

Gymnema syringaefolium (Decne) Costantin

GENUS *Gymnema* **FAMILY** Apocynaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten to flavour fish. They are cooked and eaten as a vegetable and also eaten raw in salads.

DESCRIPTION

A climbing shrub. It grows 1-2 m tall. It can last from 5 to 10 years.

HABITAT

A tropical plant.

PRODUCTION

Cultivation

It can be grown by seeds or cuttings.

NOTES

There are about 25 Gymnema species.
It has medicinal uses for dealing with diabetes.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6ca1ac30-c271-4d35-8baa-4ad7dbd016e1