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.

Gomphocarpus fruticosus (L.) Aiton f.

GENUS *Gomphocarpus* **FAMILY** Apocynaceae

COMMON NAMES Cotine, Firesticks, Narrow-leaved cotton bush

EDIBLE PARTS AND USES

Edible parts: Roots, Fruit, Vegetable

The roots are cooked and eaten as a vegetable.
Caution: Several parts of the plant are poisonous.

DESCRIPTION

A herb or small shrub. It can grow each year from seed or keep growing from year to year. It grows 2-4 m high. It has milky latex. The leaves are in pairs and are hairy. The leaf blade is 4-12 cm long by 1 cm wide. They are narrowly sword shaped. The flowers occur in groups or 4-7 in a nodding group along the stalk. They are hairy. The fruit are follicles. They are spindle shaped and 5-8 cm long by 2-3 cm wide. The seeds are dark and have cotton like hairs attached.

HABITAT

It is a tropical plant. In grows in savannah grassland in Guinea. It is usually in sandy soil and often in soil that is occasionally waterlogged. It is often along the edges of rivers. In southern Africa it grows between 45-1,500 m above sea level. It can grow in arid places. In Yunnan.

NOTES

Also put in the family Asclepiadaceae.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/75d3214c-ff21-4f60-a23a-0f97727ee290