PLANT FACT SHEET

Ceropegia multiflora Baker

GENUS *Ceropegia* **FAMILY** Apocynaceae

EDIBLE PARTS AND USES

Edible parts: Tubers, Root

The roots are eaten as a snack and for moisture and also cooked as a vegetable.

DESCRIPTION

A herb. It has a large rootstock. This can be 8-12 cm across. The vines grow 1.5 m tall. They are slender and twining. The leaves are 2-5 cm long and 1-2 cm wide. They are fleshy. They taper towards the base. There can be one to many flowers in a group. The flowers are light brown.

HABITAT

It is a subtropical plant. It can grow in light shade.

PRODUCTION

Cultivation

Plants can be grown by seeds or cuttings. It can be grown from tubers or offsets of the bulb.

NOTES

It had been put in the family Asclepiadaceae.

REFERENCES

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Wehmeyer, A. S, 1986, Edible Wild Plants of Southern Africa. Data on the Nutrient Contents of over 300 species.

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/79340fea-c888-4aba-858d-297f0e2501ac