PLANT FACT SHEET

Parabaena sagittata (Wall.) Miers ex hook.f. et Thoms.

GENUS *Parabaena* **FAMILY** Menispermaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems

The young leaves and stems are cooked and eaten. They are also fried and also used in soups.

DESCRIPTION

A vine. The stems and branches have lines along them. The leaves are broadly oval and 8-16 cm long by 6-9 cm wide. The underside of the leaves has a hairy coating. Male and female flowers are separate. The fruit is fleshy and flattened. It is 8 mm long.

HABITAT

It is a tropical plant. It grows in Yunnan in China. In XTBG Yunnan.

PRODUCTION

Harvesting and Seed Production

The young leaves are available all year round.

PICTURES



Credit: Food Plants International (Bruce French)

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PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/81f469d3-c2c3-4553-a1a9-8f27d0e53a36