PLANT FACT SHEET

Cnidoscolus tubulosus (Mull.Arg.)I. M. Johnst.

GENUS *Cnidoscolus* **FAMILY** Euphorbiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The very young leaves are cooked as a vegetable.
The tuberous roots are cooked and eaten.

DESCRIPTION

A shrub or small tree. It grows 2-7 m tall. The trunks are 30-40 cm across. They have stinging hairs. The leaves are 11-35 cm long by 14-38 cm wide. They have 3 lobes. The base is heart shaped. The leaves have teeth along the edge. Male and female flowers are separate. They are white. The fruit are 16-18 mm long and 8 mm wide.

HABITAT

It is a tropical plant. In Costa Rica it grows between 900-1,700 m above sea level.

REFERENCES

Piedra-Malagón, E. M. et al, 2022, Edible native plants of the Gulf of Mexico Province. Biodiversity Data Journal 10: e80565 p 19

Standley, P. C. & Record, S. J., 1936, The Forests and Flora of British Honduras. (Belize). p 221 (As Jatropha tubulosa)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8e7e25cd-5981-479a-b000-2cdfc75ab0ec