PLANT FACT SHEET

Gynura pseudochina (L.) DC.

GENUS *Gynura* **FAMILY** Asteraceae

COMMON NAMES Velvet plant, Chinese gynura

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are used in soups and stews as a flavouring. They are slimy.

DESCRIPTION

A herb. It is erect and keeps growing from year to year. It is a soft or succulent plant. It grows 130 cm tall. The roots are fattened with tubers. These are round or lobed and 2-6 cm across. The leaves are simple and in a ring. They can have shallow lobes. They are spoon shaped or oval and 7-40 cm long by 2-20 cm wide. The upper leaves are smaller and have more lobed. The flowers are in a head. The flower stalk is 4 cm long. They are yellow or red. The fruit is dry and 3-4 mm long.

HABITAT

It is a tropical plant. It grows in grassland and among rocks. In China it grows in sandy places on slopes between 200-2,100 m above sea level. In Yunnan.

PRODUCTION

Cultivation

It can be grown from seeds, cuttings or tubers.

NOTES

There are about 40 Gynura species.

REFERENCES

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 253 (As Gynura pseudochina)

Cooper, W. and Cooper, W., 2004, Fruits of the Australian Tropical Rainforest. Nokomis Editions, Victoria, Australia. p 82

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 301

Mot So Rau Dai an Duoc O Vietnam. Wild edible Vegetables. Ha Noi 1994, p 94 (As Gynura pseudochina)

Seidemann J., 2005, World Spice Plants. Economic Usage, Botany, Taxonomy. Springer. p 171

Sukarya, D. G., (Ed.) 2013, 3,500 Plant Species of the Botanic Gardens of Indonesia. LIPI p 1111

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/912ca7e3-c455-4e6b-a7de-f1fb78193b03