PLANT FACT SHEET

Tinospora glabra (Burm.f.) Merr.

GENUS *Tinospora* **FAMILY** Menispermaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems, Medicine

The leaves and stems are stir-fried or cooked in vegetable mixes.

DESCRIPTION

A climbing shrub. The stems twine around other plants. Plants are separately male and female.

HABITAT

It is a tropical plant. It grows up to 500 m above sea level. It is often on limestone.

REFERENCES

Chauhan, S. H., et al, 2018, Consumption patterns of wild edibles by the Vasavas: a case study from Gujarat, India. Journal of Ethnobiology and Ethnomedicine (2018) 14:5

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

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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/92a5426b-3018-4b84-b111-37ad1cce46bc