PLANT FACT SHEET

Ceropegia multiflora subsp. tentaculata Bak., (N. E. Br.) Huber

GENUS *Ceropegia* **FAMILY** Apocynaceae

EDIBLE PARTS AND USES

Edible parts: Tuber, Leaves, Root

The tuber is eaten raw. It is mashed with other greens. The tubers are also baked in the ashes.
The leaves are also occasionally eaten raw.

DESCRIPTION

A herb. It is a climber and has a corm. It is a succulent plant and keeps growing from year to year. It grows 2 m high. The lower leaves are slender and 7 cm long. The upper ones are more broad and shorter. They are fleshy. The flowers are densely clustered in the axils of the leaves. They are pale yellow. They are 1 cm long. The corolla lobes. The fruit are 16 cm long in 2 follicles. The tubers are 8-12 cm across and are 15-20 cm below the ground.

HABITAT

It is a tropical plant. It grows in the Kalahari. In southern Africa it grows between 800-1,600 m altitude. It can grow in arid places.

PRODUCTION

Harvesting and Seed Production

Tubers are available all year round.

NOTES

There are about 160-200 Ceropegia species. Probably now in Apocynaceae.

REFERENCES

Arnold, T.H., Wells, M.J. & Wehmeyer, A.S., Khoisan food plants: taxa with potential for future economic exploitation, in Wickens, G.E., Goodin, J.R., and Field, D.V.,(Eds.) 1985, Plants for Arid Lands. Unwin Hyman, London, p 73

Fox, F. W. & Young, M. E. N., 1982, Food from the Veld. Delta Books. p 108

Grivetti, L. E., 1980, Agricultural development: present and potential role of edible wild plants. Part 2: Sub-Saharan Africa, Report to the Department of State Agency for International Development. p 73 (As Ceropegia tentaculata)

Heinz & Maguire, 1974,

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 12 (As Ceropegia tentaculata)

Lee, 1979,

Leger, S., 1997, A Description of Today's Use of Plants in West Bushmanland (Namibia). German Development Service. PO Box 220035, 14061 Berlin, Germany. http://www.sigridleger.de/book/

Newman, 1970, (As Ceropegia tentaculata)

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 62

Plowes, N. J. & Taylor, F. W., 1997, The Processing of Indigenous Fruits and other Wildfoods of Southern Africa. in Smartt, L. & Haq. (Eds) Domestication, Production and Utilization of New Crops. ICUC p 188

Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; http://www.rbgkew.org.uk/ceb/sepasal/internet [Accessed 28th March 2011]

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 23

Scudder, 1962, 1971, (As Ceropegia tentaculata)

Story, 1958,

van Wyk, Be., & Gericke, N., 2007, People's plants. A Guide to Useful Plants of Southern Africa. Briza. p 82

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/94abcfa7-66da-4bb4-b392-bdbe4059e03d