PLANT FACT SHEET

Cissus rotundifolia (Forskk.) Vahl

GENUS *Cissus* **FAMILY** Vitaceae

COMMON NAMES Arabian wax cissus, Round-leaved vine

EDIBLE PARTS AND USES

Edible parts: Root, Leaves, Fruit, Spice, Vegetable

The young shoots are used as a vegetable and for flavouring.
The ripe fruit are edible.
The root tubers are pounded and dried then ground before being added to food as a flavouring.

DESCRIPTION

A vine which either climbs or lies flat on the ground. It does not have spines. It can become woody but the stems are succulent. They develop 4 or 5 ridges with age. It has tendrils. The leaves are simple and almost round. They are 5-8 cm across. The leaves are glossy, green and succulent. The edges of the leaves have blunt teeth. The flowers are in clusters. The flowers are small and green or white. The berry is oval and 1.2 cm long. It is red or purple.

HABITAT

A tropical plant. It grows well in dry sunny locations. It can grow in arid places. In Zimbabwe it grows up to 500 m above sea level. In Brisbane Botanical Gardens.

PRODUCTION

Cultivation

It can be grown from stem cuttings. It can also be grown from seed from which the flesh of the fruit has been removed.

NOTES

There are about 200-350 Cissus species. There are about 75 species in tropical America.

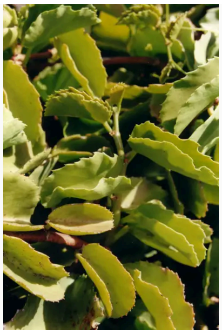
PICTURES



Credit: Food Plants International (Bruce French)



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