PLANT FACT SHEET

Riocreuxia picta Schltr.

GENUS *Riocreuxia* **FAMILY** Apocynaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked and eaten as a spinach.

DESCRIPTION

A climber. It keeps growing from year to year. It can be 5 m long. It has a woody rootstock with fleshy side roots. The leaves vary in size. The leaf stalk is 5 cm long. The leaf blade is heart shaped and can be 15 cm long. It tapers to the tip. The flowers are in clusters with 2-3 distant groups. They are purple or brown. The fruit are narrow follicles 10 cm long by 5 mm wide and constricted between the seeds. It tapers to the ends.

HABITAT

It is a subtropical plant. It Swaziland it grows in the high veld.

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