PLANT FACT SHEET

Passiflora foetida L.

GENUS *Passiflora* **FAMILY** Passifloraceae

COMMON NAMES Passionflower

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves, Seeds

The ripe fruit are eaten raw. The seeds are also eaten.
The young stalks and leaves are boiled and eaten in soup in times of food shortage. They are also used to make a drink.
CAUTION The unripe fruit and leaves are claimed to be poisonous. They contain cyanide so can be poisonous raw.

DESCRIPTION

A vine with tendrils. It creeps over the ground. The vine can be 2-10 m long. It has a strong smell. The stems are yellowish and have soft erect hairs. The leaves are 3 lobed and with fine hairs. They are pale green. The leaves are 3-10 cm long and 3-8 cm wide. The base of the leaf is often heart shaped. The flowers occur singly on flower stalks. The flowers are flattish with several rings of structures. They are 5 cm wide. They are white with a purple centre. The fruit is small (2-3 cm across) yellow and with a soft skin. The fruit is enclosed in a green net which dries brown then falls off. The fruit is edible. Seeds are flat.

HABITAT

A tropical plant. It is common in the lowlands and occurs up to 1000 m altitude in the tropics. It is drought resistant and can grow on poor soils. In prefers sunny situations. It does best in humid places. It suits hardiness zones 10-12. In Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed. It grows wild in the lowlands. Seeds germinate rapidly.

Harvesting and Seed Production

Fruit occur throughout most of the year.

NOTES

There are about 400 Passiflora species. It is rich in Vitamin A.

PICTURES



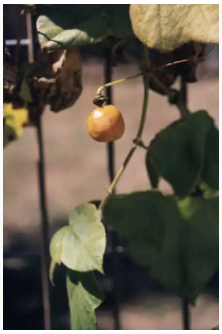
Credit: Food Plants International (Bruce French)



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