PLANT FACT SHEET

Cyphostemma bainesii (Hook.f.) Descoings

GENUS *Cyphostemma* **FAMILY** Vitaceae

COMMON NAMES Baine's gouty vine, Botterboom, Gouty vine

EDIBLE PARTS AND USES

Edible parts: Fruit, Stem - water

The fruit are eaten by swallowing whole as they contain oxalates which burn the throat.
CAUTION: Oxalates are poisonous and affect the absorption of calcium.

DESCRIPTION

A small succulent shrub or small tree. It is often only 1 m high. The trunk has several branches. The leaves are large and thick and succulent. They are compound leaves and are 30 cm long. They have 3 stiff leaflets. They are blue-green and often trimmed with red. The veins are yellow. The edges of the leaves are toothed and often crinkled. The flowers are small, flat and fleshy. They are greenish-yellow. They are in flat sprays at the ends of branches. They are on upright stalks which are often red. The fruit are grape-like. They are edible but contain oxalates. They are also high in tannic acid.

HABITAT

A tropical plant. It grows in the desert. It occurs in hot, dry rocky areas. It can grow in arid places. It suits hardiness zones 9-12.

NOTES

There are 150-250 Cyphostemma species.

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